THE
Messenger
Community | news | events | health | lifestyle | reviews | activities | and much more
Lakes, Bay & Region January 16 2016 Vol. 11 Also Available Online
Your free weekly magazine

PERSON OF INTEREST
Lifelong local, octogenarian tech-geek and funny guy Laurie Stibbe is the Messenger's first Person of Interest

WEEKLY TV GUIDES

THE VICIOUS CIRCLE OF STAMP DUTY

ARE YOUR TRADIES LICENSED?

Your Say
Lake Eden Hotel
Time to Turnbull Malcolm
Local bike thief strikes again
What's wrong with customer service?

Fun activities for all ages inside

FILM REVIEW
IN THE HEART OF THE SEA

Bird feeding at Lake Eden What's the deal?

Major changes to snail mail

Older drivers just as safe as younger adults

HOVERBOARDS WHAT ARE THE RULES?

LEONIE ON:
I have the in-laws from hell

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Credit Cards & Direct Deposit:
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Person of Interest

Laurie Stibbe

Laurie and wife Desley

Lifelong local, octogenarian tech-geek and funny guy Laurie Stibbe is the Messenger's first Person of Interest Person of Interest is going to be an irregular feature where we interview, well, interesting people.

The Messenger interacts with Laurie a lot, he makes our crosswords and supplies witty observations, and know him to be a charismatic character with a colourful history and a sharp sense of humor. He's the kind of Australian that made Australia the great country it is today.

We wanted to ask Laurie a few questions, here they are.

Laurie Stibbe was born 22-8-1928 at Caboolture, "I remember the day well - pouring rain and lots of frogs croaking" such is Laurie's relentless humour. He lives at Kallangur.

Laurie's primary education lasted only until end of Fifth Grade because of the war. In the late 1930s his family moved to Moura (country Queensland) to grow cotton for the war effort.

After returning to Brisbane in 1943 he and his family lived temporarily at Cribb Island from where he rode a pushbike every day to Fortitude Valley Post Office. It was his first job and he earned one pound, five shillings a week at his first job as a Telegram Boy.

From there he went on to do many interesting things including farm work in the mid-forties, then as stockman on cattle stations. He drove a Caterpillar tractors for the Queensland British Food Corporation and Blair Athol Open-cut coal mine. Then did a stint as a drover's cook, "I knew how to boil water" he says.

A certified tech-head, Laurie became interested in electronics in early 1950s and worked on assembly at Music Masters Radio in South Brisbane for a few years, but then decided to become a copywriter at Radio 4LG, Longreach and was later put on air as an announcer when one announcer passed and the other was called up for National Service.

I rode from Cribb Island into the Valley P.O. then rode around all day delivering telegrams, then rode back home in the afternoon. My wage was one pound, five shillings. I didn't pay tax.

In 1956, he went to Melbourne to do an announcing course, but finished up assembling Healing TVs at Newmarket in Melbourne. The job was only supposed to earn him enough to earn fare to get back to Brisbane, but he was hooked on TV, and later became a TV serviceman for EIL Service (Electronic Industries Limited), the Astor and Channel 9, where he was befriended by Graham Kennedy. That planned week-long job in Melbourne lasted seventeen years, and he returned to Brisbane with a lovely wife and two beautiful daughters.

Laurie, your first job was as a Telegram boy based at the Fortitude Valley Post Office. That seems a world away from employment today; can you tell us more about this job?
Dad got the job for me. I obeyed. We lived in Cribb Island (non-existent now thanks to the airport wanting a longer runway. The whole town got wiped off the map). I rode from Cribbie, as they called it, into the Valley P.O. then rode around all day delivering telegrams, then rode back home in the afternoon. My wage was one pound, five shillings. I didn't pay tax. Gave the one pound to Mum for board, and painted the town red on the five shillings (equivalent to 50 cents after decimalization in 1966).

What would five shillings buy?
Courier Mail was tuppence (two cents in today's money). Lunch of meat pie and small bottle of sarsaparilla was sixpence (five cents). Oh, how I lived lavishly...

The ride from Cribbie is about an hour's ride at my estimate, then you rode around all day delivering telegrams? How old were you at the time?
14. Just as well it was level ground all the way from Cribbie for Stibbie. My brother used to say it was ten minutes walk if you run. So I went on me pushbike to save time.

Your family moved to Moura to grow cotton for the war effort in the late 30s, you would have been barely a teenager. What was your involvement? Were you working the land?
During the war years, the Queensland government appropriated various areas of land and offered people 60 acre lots of scrub country. The cleared land was to be used for growing cotton. My father, on 'relief work' (the dole) at the time, took up the offer, so we rented out our house, and headed north. We were there for two years, before returning to >>

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MEET. EAT. SHOP

Brisbane and resuming our old home. I was 11 going on 12 when we moved to Moura.

What was country Queensland like at the time for a 12 year old boy? Was it dangerous or civilized? Was it all hard work or were there good times?
Quite a change from living in a Brisbane suburb. As kids, we never knew the world (or part of it) was so big. Lots of scrub for a 12 year old and his 10 year old brother to play Great Adventurers (big game hunters with all the snakes and goannas and wallabies in the area).

Dangerous? Well, I was stung on the heel by a platypus while swimming in Kianga Creek. Speaking of the creek, we also experienced having the narrow creek with no running water suddenly expand to almost a mile wide during a cyclone. Then being flood-bound for almost two weeks, living on stew made in a four gallon kerosene drum (cleaned and washed thoroughly, of course). The stew was made from scrub turkeys that dad shot, cooked with heaps of rice and a few vegetables that we grew.

We were living at the edge of a 60 acre cotton patch in three tents and a home-made hut. Water supply was a 44 gallon drum, and water was carried in buckets a quarter of a mile from the creek to refill the 44 gallon drum every second day.

Walking a mile to the main road, which was a dirt track, then waiting for the two other schoolkids to come along in their sulky (a two-wheeled cart pulled by a horse - a buggy) and then hold on to the back of it and run the four miles into school and then reversing the procedure in the afternoon to come home again.

Interesting life for a kid.

I bet! You've had a varied working life, what was your favourite job?
I'm hard put to decide which was my favourite job. First, I thought of my days as a radio announcer at 4LG Longreach in the mid 1950s, where I had a hundred thousand listeners from Longreach to Hughenden, Muttaburra, Stonehenge, and as far off as Mount Isa, to my breakfast session. The beauty of it was also that I could talk to all those people and no one could answer back.

My wife and I visited Longreach in 2002, and an elderly chap I was talking to asked me if I'd been there previously. I told him I was an announcer at 4LG in the mid-1950s, and he said his wife in hospital was down in the dumps because that session had been handled by an old chap who played dreadful music of the 1920s and 1930s. I was a bit more modern with 1950 junk music. He said that when I took over for the morning session, his wife's condition improved considerably. It was a thrill to hear that I was appreciated by at least one listener.

I also think of my years as a TV serviceman in Melbourne, which I visited for a week for the 1956 Olympics (and stayed 17 years). I met quite a few famous people... Bob Menzies, Bob Dyer, Graham Kennedy and Panda Lisner, Eric Pearce, Jack Davey, to mention s few, whose TV sets I repaired.

I know that you're a computer geek. Many of your generation, even my generation, have put personal computing in the too hard basket, how did you get into it?
That's easy... when I was 5 or 6 years old, my uncle had a large console radio, and I was intrigued by all the pretty valves that lit up when I looked in the back. I was curious about them, and pulled one of the valves out of its socket, then dropped it on the floor to see if it would bounce.

It didn't.

Uncle Maurice wasn't very happy about it. But in my curiosity, I wondered why this marvelous contraption wouldn't work with one valve missing. After all, there were still four of them left and they all lit up, so why the worry? I didn't think I deserved the belting that I got from my father.

on selfies:

I stand in front of the mirror and try to look intelligent while I take a picture.

When I was about 16, I went to work on a farm at Kentville, out from Forest Hill in the Lockyer Valley , back in 1945. I became friends with Pat, a chap from a nearby farm, and when I went to his place once, he was showing me how his father's old battery radio worked, and with my expert help, we got it working. The main assistance I gave was that I didn't interfere. But I was curious about all the little resistors and condensers and other stuff, and Pat and I bought books and electronic bits and pieces, and it all evolved from there.

Pat had a little section of the barn where he built the first radio station in Kentville - Radio 4KV. He didn't have many listeners, because 4KV transmitted on a pair of wires from the barn to the house. But his parents liked me as a radio announcer... so I wonder if that may have been an influence on my position on 4LG, Longreach?

I made my own modem back in 1982, I was able to send data at 300 bytes per second

Later, when I retired I started my own business with the manufacture of PCB's (printed circuit boards, not drugs or whatever). I held the record for the largest PCB ever built in Queensland with a 4ft by 3ft board for a bingo computer at the Bramble Bay Bowls Club, and after that, several of the same PCB's for Bingo Sales of Strathpine.

After that, I became a computer crank, short (and long) story writer, crossword compiler and old fogey.

What tech are you currently using?
My six year old computer has a 2Tb main drive, plus 1.5Tb and 2.Tb external drives. I have a Brother 3045 colour laser that I took over payments when the hopeful owner finished up in gaol after embezzling $14,000 from the firm he worked for. As a matter of interest, there was only $49 left to pay, so I got a $321 printer for $49. I'm not complaining. I recently bought an Epson 370 scanner for scanning slides, film negative strips, photos, and hope I live long enough to scan and save the 140,000 items I've accumulated over the years.

I also have a pair of video sunglasses from Kogan. You can take single shots, or up to an hour of recording, or you can select single shots while playing a video. I stand in front of the mirror and try to look intelligent while I take a picture. They also come in handy to wear them in place of using a dashcam while driving.

I made my own modem back in 1982 - I was able to send data at 300 bytes per second, that's 3,000,000,000 times slower (if my calculations are correct) than the NBN I'm using now.

You grew up in an era long before personal tech and social media that's ubiquitous these days. Do you think these devices are beneficial to us?
Some are. Some ain't. Some, like Facebook, are exceedingly dangerous. But overall, I think that many of them have made the world a smaller place.

You were born in this region, you've been far and wide, returned with a wife and retired here. After such a colourful life, what draws you back here?
When we were looking for a house after returning from many years in Melbourne, my sister suggested Pine Rivers, because it was in between two storm zones. She was right. Most of the storms either went north or south of us. Also, we liked the look of the area.

Why crosswords?
When I was a kid I asked an uncle what crossword puzzles were, he explained them to me. I found it fascinating how beautifully the words interlocked vertically and horizontally. So at age 7, I made up a crossword with a grid of 5 x 5 squares. Uncle Maurice said I was a wizard. I believed him. Just think – that was 80 years ago! Seems like it was only the day before yesterday...

What is the most important thing you've learned in your 87 years?
Be yourself. Accept the good with the bad, because there's not much you can do to change it. Love everyone. Love life, and depart from it knowing that you've done something to improve the situation, even if only in a very small way.

Lastly, Laurie I understand you're a teetotaler?
My mother was knocked down and killed by a drunk driver in 1970 while she was collecting for the Salvation Army inside Redcliffe showgrounds. That's why I'm completely against grog and the miseries it causes.

Thanks for your time Laurie.

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Bird feeding at Lake Eden

What's the deal?

Here at the Messenger, we receive a number of letters from concerned community members regarding bird feeding at Lake Eden and while there's no doubt it's enjoyable for kids, it's also not good for the birds.

Naturally, the healthiest food for the birds is the food they find themselves. Human foods (such as bread) can be harmful in that they can deprive the birds of the nutrients which their natural diet provides, there are issues of dependance on provided food which can upset the delicate ecological balance causing irregular breeding and making the birds more susceptible to predators.

We asked Dave Norman of Mango Hill and North Lakes Environmental Group (MHANLEG) if people should feed the birds at Lake Eden and he admitted that it's a tricky situation that needs attention.

"This is a contentious subject which MHANLEG have debated a number of times" he said.

"Lake Eden has a dual role as the town park and feeding the ducks is the way a lot of children are first introduced to the wonders of the wildlife".

"We have therefore suggested a compromise of having small punnets of proper bird feed for the birds on sale for a small price at the cafe. This would ensure the birds are getting nutritional food, give some control on the amount of food the birds are getting and allow small children to continue feeding the ducks."

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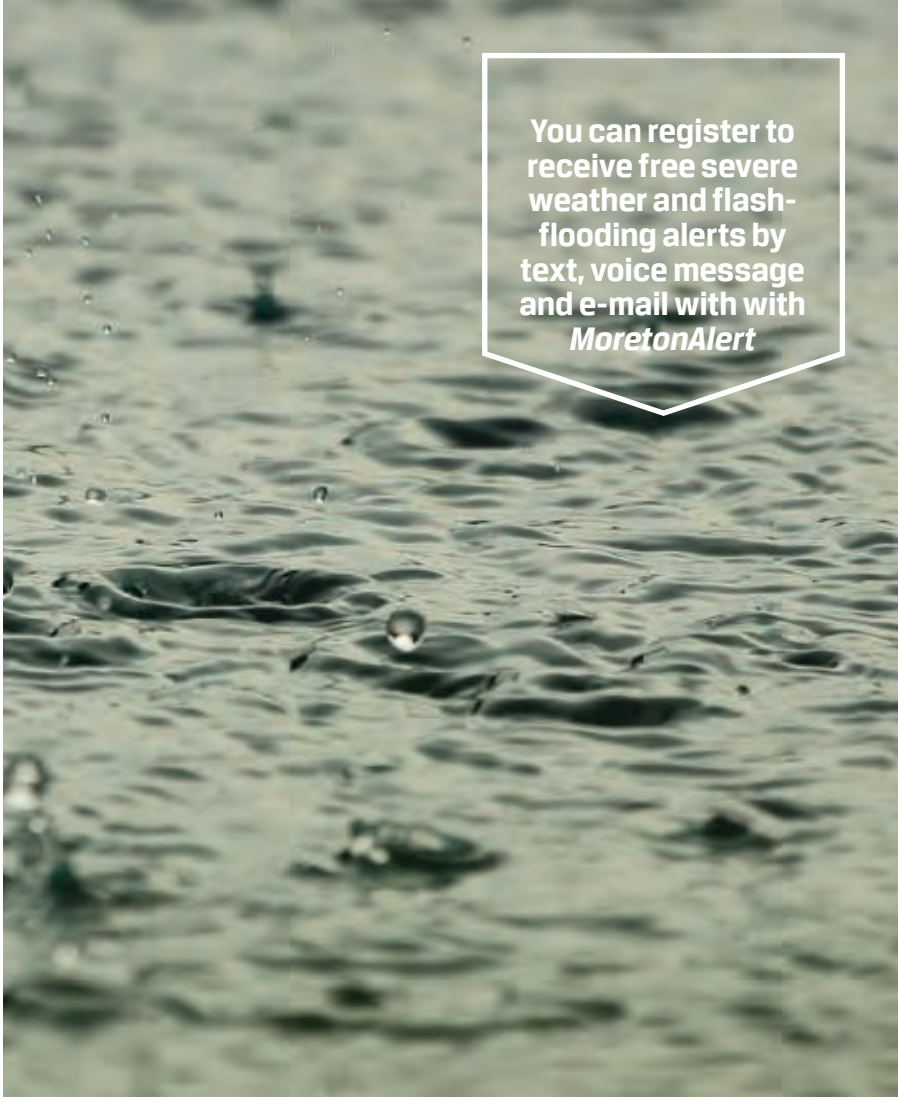

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Don't ditch it, re-gift it

Were you given a Christmas gift that isn't quite you?

Maybe you struck it lucky with the perfect gift but have nowhere to put it, whatever the reason don't ditch your unwanted clothes, accessories or homewares re-gift them to a Red Cross Shop.

"Australians spend millions of dollars each year on unwanted Christmas gifts" says Red Cross Community Engagement Manager, Kate Dear.

"January is the perfect month to clear out your cupboards so why not start the year afresh?"

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"Reduce, reuse and recycle."

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Further information on the pricing changes and how the two-speed letters service works is available at Post Offices and online at auspost.com.au/letters

Major changes to snail mail

Last Monday, Australia Post made significant changes to its letters service

There are now two delivery speeds for letters: Priority which costs $1.50 (Concession: $1.10) and Regular, costing $1.00 (Concession: $0.60), increasing the cost of a standard letter 30 cents.

The Priority letters service offers delivery within 1-4 business days depending on destination, while the Regular service will take up to two business days longer than Priority.

To send a letter at the faster Priority speed customers will need to purchase a Priority label from their local Post Office or the Australia Post online shop and place it next to the stamp. A Priority label will cost $0.50 cents.

Australia Post will continue to maintain the concession stamp price at 60 cents and seasonal greeting cards will stay at 65 cents. Together concession and seasonal greeting mail accounts for almost half of all mail sent by consumers annually.

Although the increase to the Basic Postage Rate is only the fifth in 23 years and at $1 will remain one of the lowest in the developed world critics argue it's an 80 cent increase for the existing service.

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Manpower: five healthy game changers for men!

Men, it's time to shape up for the new year and Cancer Council Queensland spokesperson Katie Clift has five tips to strengthen your health and wellbeing.

While blokes fare well on many economic indicators, when it comes to health they often face poorer outcomes than women, in areas like lower life expectancy, higher levels of avoidable mortality, and higher mortality from almost all common causes of death including cancer.

Here are five easy strategies to assist with health, happiness and a long life.

One, get checked. In Queensland, more than 14,500 men will be diagnosed with cancer this year - around 4100 men will be diagnosed with prostate cancer, 2000 with melanoma and about 1700 with bowel cancer. The good news is, most cancers, if detected early, can be effectively treated.

Become familiar with your body and get to know what feels 'normal' so you don't miss any changes. Look for things like lumps, sores or ulcers that don't heal, unusual changes in your testicles, unexplained weight loss, moles that change shape, size or colour, blood in bowel motion, persistent changes in toilet habits or urinary problems or changes. These symptoms are often related to more common health problems, but if you notice any unusual changes, visit your doctor.

Two, refocus. To get yourself in the best frame of mind, set defined goals. It's important to have a clear focus of where you're headed and formulate the steps you're going to take to get there. Research shows that putting steps into place to achieve your overall goal provides real motivation and a greater commitment. Whether you start by setting new career goals, personal or fitness goals, either big or small, it's important to put some direction in place.

Three, warm up, work out, and eat well. Pumping iron at the gym won't improve your overall health unless you balance your fitness routine with good nutrition. And did you know warming up is just as important for the muscles as working out? Research shows those who do a 'dynamic warm up', muscle-warming routine that includes moves like walking lunges and high skips have better performance, strength and less injury. Once you've got your warm up sorted, make sure you balance both resistance and cardiovascular training. Like all things in life, balance is key. Even just 30 minutes of moderate-intensity exercise every day will deliver noticeable health benefits.

Four, clean up your skin care regimen. Skin care products aren't just for women. Your skin is your largest organ, so it's important to take good care of it. Cleanse and moisturise. It's that simple. Finding a good cleanser will help remove dead skin cells and give you a fresh look. After cleansing, it's important to replenish your skin with a moisturiser. If you have normal skin, go for an oil-based moisturiser. If you have oily skin, try a water-based product. Complement your new routine by drinking eight glasses of water a day and staying hydrated.

Five, speak out. C'mon men, don't get all shy on us here. It's important to make a habit of sharing your feelings with those around you. Whether you've been through change recently, or are currently experiencing a difficult situation, it's perfectly normal to feel overwhelmed. And it's ok to ask for help or emotional support.

Don't battle life's challenges on your own – reach out to someone you trust and you're likely to cope better and adjust more quickly. This week, make a bro-date with a friend or close family member and have a meaningful chat.

Implement these five tips today to become the best version of yourself you can be – man power!

More information about Cancer Council Queensland is available at www.cancerqld.org.au or call Cancer Council on 13 11 20.

Cancer Council Queensland's Katie Clift

Hoverboards What are the rules?

Hoverboards were the breakout cool toy of late 2015 and many would have gotten them as Christmas toys. But RACQ Executive Manager Public Policy Michael Roth said many parents might be unaware the boards came under strict legal riding restrictions. So what exactly are the local rules?

Queenslanders who have jumped on the new hoverboard trend risked fines if the device was used in the wrong place or without proper safety wear.

RACQ Executive Manager Public Policy Michael Roth said the trendy toys were actually classed as personal mobility devices under Queensland law.

"That means hoverboards can't be used on footpaths or other road related areas at all if the rider is under 12 years old, and users from 12–15 years old in these spaces must be supervised by an adult," Mr Roth said.

"Riders must also wear a helmet, just like any bike or Segway riders.

"Additionally hoverboards must be fitted with a speed governor to keep them below 12 km/h and a bell or warning device if people want to use them in public spaces."

"Don't risk being slapped with a fine. Helmet and age restriction offenders could be penalised with fines of $117.80, while exceeding the speed limit could cost you $157," he said.

"If your child is mastering the hoverboard, make sure they're on private property, and wearing a helmet."

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Prostate Cancer Award for local

Murrumba Downs resident, Fred Travis presented with the Max Gardner Award by the Prostate Cancer Foundation of Australia

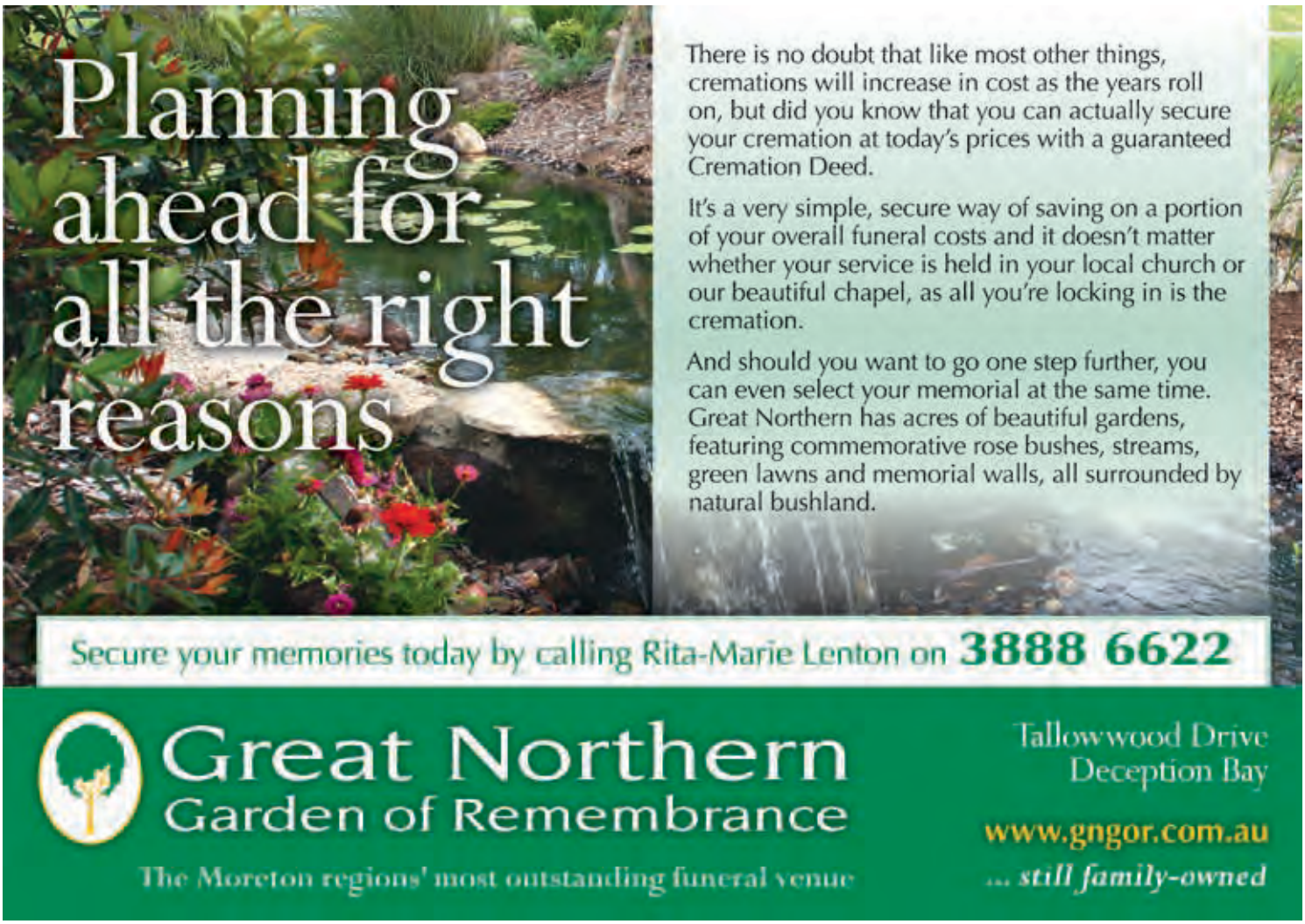
The Max Gardiner Award is a National award recognizing outstanding and significant contributions to prostate cancer support groups. Fred Travis was elected to the Queensland Chapter Council in 2006 and is now on his second term, serving continuously as Secretary of the Council since his election. Widely known to many group leaders and members with whom he has been in contact over that long period, he is a person whose advice, guidance and support is keenly sought and greatly valued.

In 2012 Fred was instrumental in forming the Redcliffe Prostate Cancer Support Group at Redcliffe Hospital and still serves as its convenor. Fred is also a PCFA Ambassador promoting the awareness of prostate cancer. The group recently changed the name of the group to the Moreton Bay Regional Prostate Cancer Support Group as it caters to more than just the Redcliffe area.

The group holds regular monthly meetings on the second Tuesday of each month (except January) at the Education Centre at Redcliffe Hospital and as well as speakers being invited to address various prostate cancer issues and treatment options, the meetings provide an opportunity for visitors and members to mix with members who have survived this disease and to help support them during their treatment.

Each year more men are diagnosed with prostate cancer than are women diagnosed with breast cancer. Recovery from prostate cancer can be achieved if the cancer is detected in time. Fred suggests all men over the age of fifty should have their doctor conduct a simple blood test yearly to ascertain their Prostate Specific Antigen level. This is due to the fact that some prostate cancers do not display classic symptoms and if not detected early, the cancer can spread to other body organs.

For more information about the group and meeting times, Fred can be contacted on 0404 495 898 or the co-convenor Bill Hogan on 0418 150 524.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Conversations with Leonie

I have the in-laws from hell

Hello Leonie,

I have been meaning to write to you for ages but now I feel that I really need advice: and soon!

I have the in-laws from hell. My husband has two younger sisters that are nurses and a mother that I have never seen in a happy mood and makes sure that everyone else is unhappy too. They have always been narky, sulky and spoiling for a fight. My husband is a complete sweetie and is a wonderful guy but his family always manage to ruin everything. His mother sulked though our daughter's christening, my husband's birthday and a Christmas dinner and his sisters got into a bitch fight at our wedding just to name a few of the dreadful family occasions we have endured. They really are a toxic mob.

They have all been living in Lismore NSW so distance has always provided a good buffer. But now the girls have both been successful in transferring to hospitals up here and his mother is talking about relocating to North Lakes. I haven't slept since I found this out on Tuesday night and my husband is obviously stressed about it. I am sick of trying to get these women to play nice and I usually end up with a knot in my stomach just knowing that I have to have contact with them.

We are not religious so we are not trapped by that honour thy parents stuff. Any ideas, strategies or coping exercises that we might try?

Terri/Freshwater

Hi Terri,

I can relate to everything that you are going through and I feel that if you have tried numerous times and failed to stop their childish carry on, then disengagement may be the only answer. We can't choose who we are related to, but we can decide what kind of treatment we will tolerate. Remember that you are both role models for your child/children and I feel that it's important for you to demonstrate on a daily basis that you require respectful treatment.

Your husband may like to talk to his family and let them know that their behaviours are not acceptable and give them one more chance or you can say 'enough is enough'. I do lots of family counselling and it has been my experience that once people accept that they are in a toxic relationship with a family member and then take steps to disengage, everything improves. Health improves, productivity at work improves, relationships improve and life is happier. I would suggest a five point plan of attack which you may like to consider employing:

1. **Disengage -** don't socialise with toxic family members and don't participate in social websites like Face Book where your movements can be tracked or give opportunities for in laws to leave toxic messages on chat walls.
2. **Stay united -** As a married couple; ideally you will have formed a united identity. Never let in-laws divide you. You love each other so why tolerate the one you love being mistreated. Form an alliance, make a plan and stick to it.
3. **Refuse to play the victim -** We teach people how to treat us so demand respect. If respect is not forth coming, remove yourself from the toxic person. Don't stay and expose yourself to upset of any kind. In this way you train people that if they want your families company, they have to treat everyone well.
4. **Be assertive, not aggressive -** draw boundaries around what behaviours you will accept and be firm when backing these choices up. In this way you can protect each other from many different types of attack.
5. **Refuse to be manipulated -** often in laws will try to get to your children when they can't get a reaction from you. If your children are old enough, let your children know what you are doing and why you are circling the wagons in relation to your husband's family of origin so that they have the information they need to understand what is going on. It's not a good idea to go into lots of details with children. Keep it simple and say that behaviour is an issue with the person involved and that you won't accept their rudeness. Never use children as weapons but you are the adult here so you have a duty to draw safe barriers around your children even if it means protecting them from one of their grandmothers or aunties.

Above all I would say that people can only continue to treat you badly if you continue to let them.

Til next week, Leonie

E-mail: leonieschilling@bigpond.com

Leonie Schilling is a qualified private practitioner.
For appointments please phone 3886 2715 or 0423 653 841

Disclaimer. The opinions expressed here are not necessarily the opinions of The Messenger. Your submission will be published at the Editor's discretion. We reserve the right to withhold personal, business and organisation names contained in submissions These submissions aren't edited for grammar, punctuation or spelling to retain the authors original intent.

Local bike thief strikes again North Lakes

I find it hard to contain my anger at the theft of my sons brand new Merida Mountain bike, which I bought only 6 weeks ago for his 14th Birthday.

To walk up and brazenly take it from the front garden in Jacana Parade, whilst he popped inside for a quick drink on his way home from school sickens me.

Having just been retrenched, I am ropable that he now has to manage without and will now have to bus or walk to school as I cannot afford to replace this for him.

If your son, partner or brother has suddenly 'replaced' or 'upgraded' their bike with a red & grey Merida mountain bike, be very suspicious.

Please contact North Lakes Police or call Policelink on 131 444 as we need to stamp out this behaviour in our community.

LF, North Lakes

What is wrong with customer service these days

I often read the Messenger letters with great amusement but have never thought I'd find opportunity to write in until shopping for our Christmas presents.

I simply cannot believe the depths to which our customer service has fallen. Even though we're older, we often travel overseas and notice that overseas customer service is polite, attentive and never disrespectful. All the things that our local experience leading up to Christmas was not.

It's not just North Lakes mall either. We were made to feel a bother to shop attendants in the CBD as well as Chermside. it seems taking our business elsewhere won't help as 'elsewhere' has equally deplorable customer service too.

What happened for our standard to become so low?

Respectful Customer

Lake Eden Hotel

Congratulations to Paul Church for your comments [about the planned Lake Eden Hotel]. You are so right that the residents have no concept as to the size of this project or to the congestion it will cause during and after the construction period.

How long is it going to take and how long do we have to put up with more concrete monstrosities throughout our suburbs.

If any of this is really needed, let it be built somewhere else in the estate and not next to Lake Eden. We all want to know who is screaming out for this. If the total population of North Lakes said that they did not want it, the council would still proceed as all they are interested in is pleasing the developers and have no thoughts for the residents.

As so many of our correspondents have said lets get rid of this mob and get some one who is really interested in North Lakes.

Mr Old Resident.

Time to Turnbull Malcolm

Long Johns poem says it all (Messenger, December 12, 2015), I am also on the way out, but when I read Johns words it bought a lumps to my throat and tears to my eyes. Recently I was talking to a young woman, probably in her 20s, she told me that she is so scared of the future she refuses to think about it.

Why politicians refuse to address a huge problem is beyond me,many of them, will do anything to get re-elected. On the way out.

GK

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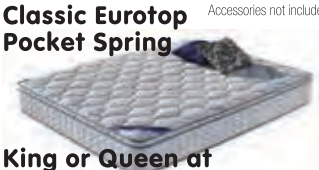

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In the Heart of the Sea

What a movie! Let me catch my breath. If I didn't know it to be a true event, I would not believe it. Ron Howard, director, is to be congratulated in bringing this momentous tragedy to the screen.

The film follows the true story of the whaling ship the Essex which set out from the Nantucket Island whaling port in 1820. It sailed down the coast of South America, round Cape Horn, up the other side then out into the Pacific Ocean - and off the map. When during the pursuit of a pod of whales the Essex was rammed by a massive 85-ton male sperm whale. The ship was crippled and the crew left in three small whaling boats. As the Essex began to sink, so began the biggest ocean tragedy prior to the Titanic.

Although modern scientists claim that the whale could not have been that size, there is evidence on Nantucket Island in the museum that such sizes did exist in the ocean in that era.

On Nantucket Island, whalemen, were the rock stars of the era and there is evidence that young women formed a society pledging to marry only top whalemen. Chris Hemsworth plays the First Mate Owen Chase, who was only twenty-two years old at the time. Hemsworth gives honour to this young man, worthy of such as Nathaniel Philbrick identifies (outside of Owen's overbearing and sometime reckless young spirit) leadership qualities akin to the famous explorer Shackleton were exhibited by Chase during this tragedy. The captain, George Pollard, was 28 years old and although tensions between Pollard and Chase are depicted in the movie there is no real evidence it was as intense author as shown. However, Chase was ambitious and planned to captain his own ship by his twenty- fifth birthday.

Ron Howard has used the technology of the day skillfully, showing how frightening it would be surviving the ocean wilderness. The fifteen-year old cabin boy, who survived the Essex disaster, later gave an account stating that to be in a small boat, in a storm and between two vertical 40 foot walls of water was terrifying.

These men were tough and relentless and the death of a whale, these magnificent creatures of the sea, was cruel beyond imagination. However, there are recorded accounts of whalemen who sympathised with the dying whales.

Be aware, content and images can be overwhelming particularly when you realise it to be a true story. It's the old adage- fact can be stranger than fiction.

Nevertheless - I'm giving it 4 stars.

see more at www.facebook.com/AngeDeanFilmReviewer

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Older drivers just as safe as younger adults

University of Queensland ageing experts have rejected calls for all older drivers to relinquish their licences.

UQ Aging Mind Initiative co-director and clinical neuropsychologist Dr Nancy Pachana, a School of Psychology Professor who specialises in elder driving safety, said decades of driving research had found that older drivers were just as safe as younger adults on the roads.

Her comments follow media reports that New South Wales Police head of traffic John Hartley had said older drivers were putting themselves and others at risk.

"If older drivers are in good health then there is no reason why they should not drive up to and well beyond age 70," Dr Pachana said.

"Their greater years of driving experience on the roads actually makes them less likely to be in an accident."

Queensland Brain Institute researcher Dr Jaqueline Liddle, who researches the impact of retirement from driving, said age was not a good indicator of skill.

"Driving performance is more related to health rather than age, so there can be safe drivers at any age," Dr Liddle said.

Media outlets have quoted Assistant Commissioner Hartley as saying drivers over the age of 70 were at more risk than young people of dying in an accident.

Professor Pachana said this was true, but was not due to older people being worse drivers, suggesting that greater vulnerability to injury has little to do with driving skills.

"Older people have increasingly frail bones and are more susceptible to motor vehicle injuries, not just as drivers, but also as passengers and pedestrians.

"It's ageist to state a person cannot drive just because of their age."

In Queensland drivers aged 75 and over are required to have annual medical checks, and some states require drivers over 85 to pass practical exams every two years.

Dr Liddle said most older people voluntarily stopped driving, often at some cost to their independence.

"There are also costs and risks for older people not driving, including increased risks of depression, isolation and poorer health outcomes."

Dr Liddle said the UQDrive program endorsed the following list of tips from retired drivers, for older people considering their driving future:

- Start to think about your options early: While you are still driving, try out different transport options including public transport, transport services and lifts from family and friends. Have a long term plan for your transport needs.
- Weigh it up: Take the time to think through all the factors involved in driving, and retiring from driving. Look into your priorities and values, and put plans into place. Think about the positives and negatives about retiring from driving.
- Talk to key people: Talking about the situation to family, friends and health professionals might help you to consider all of your options.
- Other ways: It is important to stay involved in the community. This can be done by using different transport options, and taking up new roles and activities.
- Stay involved and active: Staying active after giving up driving is important. You should keep doing the things that are important to you. To keep up an active lifestyle, some people find they need to change their routines, and others move to areas with better transport options.

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North Lakes Community Women's Group Inc. News

Written by Sam Stevens Public Relations NLCWGI

We extend a hearty welcome to all our readers to the New Year, 2016 and trust your time with family and friends over the Festive Season was happy and memorable. We now resume our normal calendar for the year which will be full of opportunities for joining in all or any of our fun filled activities including: Guest speakers: Lunches out: Bus trips, and much, much more, all voted on by our members and actioned by our capable committee. We welcome visitors to most of our activities, sometimes we are committed to 'members first' when seating is restricted and occasionally we have 'members only' activities, the status will be mentioned with each advertised event. Please don't be shy, we have Guest Greeters to welcome you and look after you. We look forward to your company, you will not be left on your own.

Tuesday 19th January 09:45 MEET & GREET – our first meeting of 2016. Having survived the demands of Xmas & New Year this is a very relaxed get together. Visitors welcome.

Tuesday 26th January AUSTRALIA DAY – no event. Make your own arrangements be it a beach party, B-B-Q, whatever, just have a great day with family and friends.

Tuesday 2nd February 09:45 MONTHLY GENERAL MEETING. Our first of the year. Once again we meet to brainstorm and format our up and coming events and activities. This usually involves a few laughs and some semblance of normality as we focus on the year ahead. Visitors welcome.

Our meetings are open to all women in North Lakes/Mango Hill – Moreton Bay district. Please refer to our listing under the Community Notice Board. For more information contact Julie, 3886 4552; Colleen, 0418 658 442; Carmen, 3491 9410. All are welcome.

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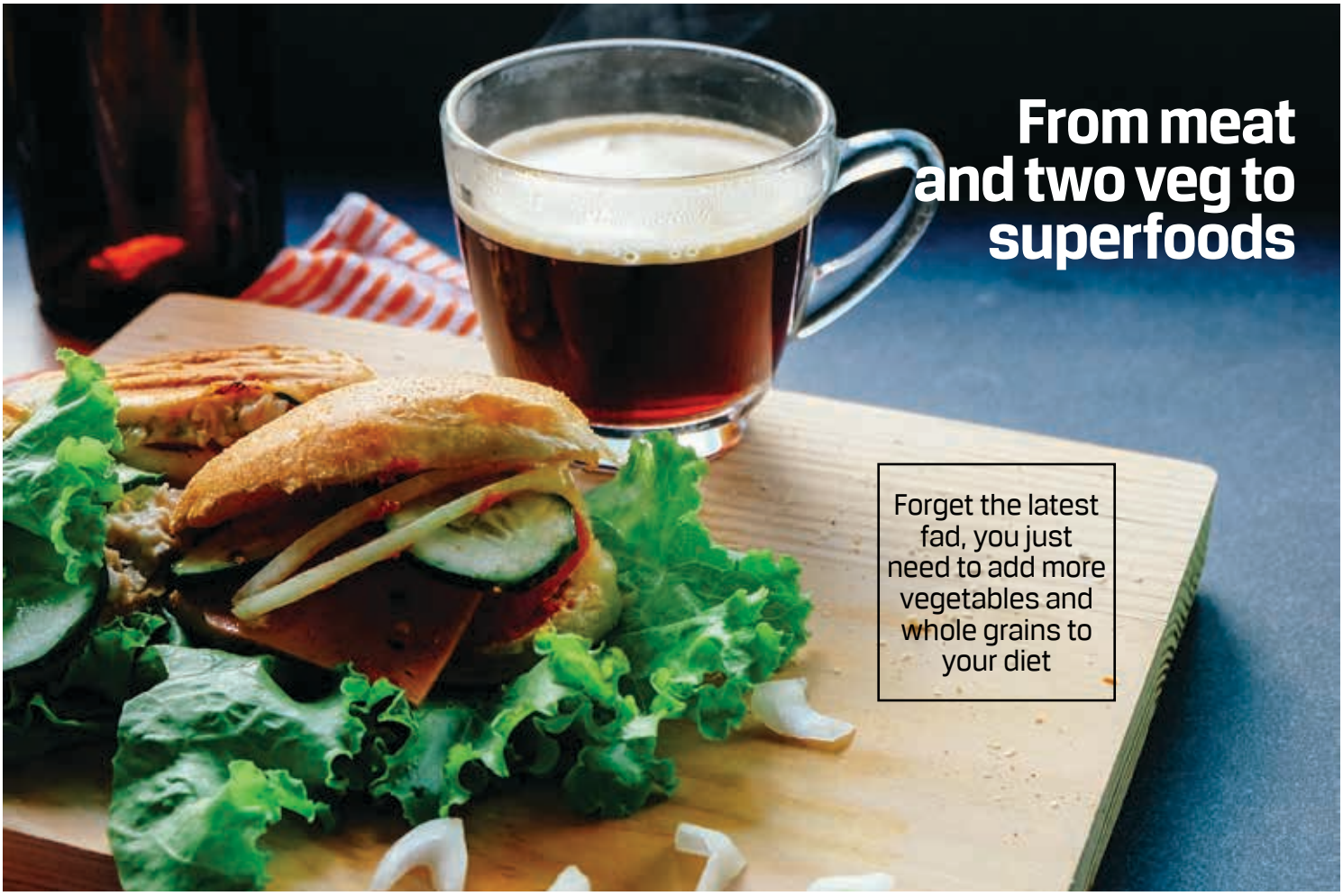

From meat and two veg to superfoods

Forget the latest fad, you just need to add more vegetables and whole grains to your diet

QUT has marked 40 years of nutrition teaching and says what we eat and how we eat it has changed dramatically since Queensland's first university-level nutrition and dietetics course began in 1975.

Dietitians and nutritionists have also changed, according to Associate Professor Danielle Gallegos from QUT's Institute of Health and Biomedical Innovation.

"We teach dietitians to work with people and what they have in the cupboard so they can eat what they enjoy," Professor Gallegos said.

"Some diet nazis are still around, but today it's about building partnerships with individuals and families and not about 'don't eat this, don't eat that'.

"If you want to eat sugary cereal for breakfast we say, okay, let's make it more nutritious with fresh fruit or yoghurt perhaps," she said.

Professor Gallegos said most people still cooked and ate mostly at home.

"Healthy eating used to mean cooking from scratch, but we say it's okay to open a can or a packet of something to save time," Professor Gallegos said.

"We work much more closely with families and their lifestyles to figure out how they can eat the best they can with the time and money they have," she said.

Professor Gallegos said the "traffic light" concept was in 40 years ago and it still is, but in a different context.

"We used it to describe the vegetables that went with your chop and potatoes – one green vegie and one red or orange one," she said.

"Now, we use it to signify which foods you can eat a lot of, what you need only in moderation and the now-and-then treat foods.

"Back then, the 'green light' vegetable was probably cabbage, cauliflower or Brussel sprouts, boiled to death.

"And now we eat sweet potato leaves, bok choi, amaranth. We have wombok, sugarloaf, and savoy, not to mention red cabbage. Cauliflowers come in purple, green and orange.

"Boiling's out – we eat those vegies stir fried, raw, or roasted with dukkah. We eat Thai, Indian, Greek food.

"Choice abounds today – in 1975 there was full-cream milk or watery, skim milk; the low-fat cheese tasted like soap. Now we have aisles of milk, and olive oil based margarines that actively reduce cholesterol."

However, the explosion of food diversity and cooking methods has been tempered by the downside that we now live in an obesogenic environment.

"Children are bathed in food," Professor Gallegos said.

"We have multiple vending machines stores open 24/7; you can order McDonald's and have it delivered or pop into 711 and buy ice cream in the middle of the night; or pick up a pie, chocolate and slurpee at the servo.

"Dietitians help families navigate this environment that simply didn't exist in 1975," she said.

Professor Gallegos said food fads and 'superfoods' are new developments in the food scene.

"The current bad fad is the fetishism of all things coconut. Coconut oil has been given miraculous properties. We've had kale, quinoa, chia – these are all just greens, grains and seeds – you just need to add more vegetables and whole grains to your diet," Professor Gallegos said.

To find out more about QUT's Institute of Health and Biomedical Innovation, go to: qut.edu.au/institute-of-health-and-biomedical-innovation.

Your Stars

Aquarius Jan 21- Feb 19: Don't put the cart before the horse. Commit to the vision you have for your life and the money will be there when you need it.

Pisces Feb 20-march 20: There's nothing wrong with fulfilling one dream and then moving on to the next, we do it every day when we wake up in the morning. You will never run out of creative inspiration.

Aries March 21- April 20: You come to the stark realisation that you've been banging your head against the wall. But it frees you to move on with your life.

Taurus April 21- May 21: This isn't a great time for investments. You're not the one being led up the garden path; your financial consultant is.

Gemini May 22- June 21: Facing hard truths in a relationship is easier when you have somebody to share them with.

Cancer June 22-July 23: You can't get to where you want to go from where you are now. Either you change your approach or your target destination.

Leo July 24-Aug 23: Sacrifice is always worthwhile as long as it serves a higher purpose, however you may have some serious questions about where this is all leading to toady.

Virgo Aug 24-Sept 23: A family matter or personal issue needs to be resolved. It's dominated your life far too long.

Libra Sept 24- Oct 23: There comes a point when covering for someone else jeopardises your own standing. You shouldn't be anyone's human shield.

Scorpio Oct 24-Nov 22: It may feel like you've lost your touch and your right; you have. Thankfully it's only temporary and will pass.

Sagittarius Nov 23- Dec 21: You're facing some pretty harsh realities right now, but it's the only way to see if you're up to the demands that life is putting on you. You're a lot more resilient than you know.

Capricorn Dec 22- Jan 20: It may feel like you've been cut off from your well of inspiration, but in truth you need to dig deeper.

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NINE

6.00 PAW Patrol. **6.30** Dora. **7.00** Weekend Today. **10.00** Mornings: Summer. (PG) **12.00** Australian Geographic Adventures. **12.30** Hot In Cleveland. (PG) **1.00** The Middle. (PG) **1.30** Party Of Five. (PG) **2.30** Movie: Getting Even With Dad. (PG) (1994) **4.30** Australian Geographic Explores Timor-Leste. **5.00** News: First At Five. **5.30** Customs. (PG) **6.00** Nine News. **7.00** Movie: Journey 2: The Mysterious Island. (PG) (2012) **9.00** Movie: The Switch. (M) (2010) **11.00** Movie: Something To Talk About. (M) (1995) **1.05** Movie: The Elephant Man. (M) (1980) **3.30** Sue Thomas: F.B.Eye. (PG) **4.30** Global Shop. **5.00** Leading The Way. (PG) **5.30** Wesley Impact Summer Series.

GO!

6.00 Children's Programs. **9.30** Little Charmers. **10.00** Young Justice. (PG) **10.30** Ben 10: Omniverse. (PG) **11.00** Buzz Bumble. **11.30** Move It. **12.00** Kitchen Whiz. **12.30** SpongeBob. **1.30** Wild Kratts. **2.00** My Surf TV. **2.30** Surfing Australia TV. **3.00** The Crew. (PG) **4.00** Thunderbirds Are Go. (PG) **4.30** Deep Water. (PG) **5.00** Tom And Jerry. **5.30** Scooby-Doo! (PG) **6.00** Movie: The Iron Giant. (PG) (1999) **7.30** Movie: Just Friends. (PG) (2005) **9.30** Movie: She's Out Of My League. (MA15+) (2010) **11.35** Sun, Sex And Suspicious Parents. (M) **1.30** Surfing Australia TV. **2.00** Green Lantern. (PG) **2.30** Yu-Gi-Oh! Arc-V. (PG) **3.00** Sonic Boom. (PG) **3.30** Yu-Gi-Oh! (PG) **4.00** Power Rangers. (PG) **4.30** Wild Kratts. **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! Classic. (PG)

SEVEN

6.00 Saturday Disney. **7.00** Weekend Sunrise. **10.00** Morning Show. (PG) **12.00** Movie: Sharkwater. (PG) (2006) **2.00** The Amazing Race. (PG) **3.00** The Amazing Race. (PG) **4.00** Nabbed. (PG) **4.30** News. **5.00** Creek To Coast. **5.30** Qld Weekender. **6.00** News. **7.00** Movie: The Princess Diaries 2: Royal Engagement. (G) (2004) Anne Hathaway. **9.20** Movie: Ghostbusters II. (PG) (1989) Bill Murray, Dan Aykroyd, Harold Ramis. The Ghostbusters decide to revive the business. **11.35** The Goldbergs. (PG) **12.00** State Of Affairs. (M) **1.00** Travel Unravelled. (M) **1.30** Harry's Practice. **2.00** Shopping. **4.00** It Is Written. (PG) **4.30** Sons And Daughters. (PG) **5.00** Dr Oz. (PG)

7TWO

6.00 Shopping. **7.00** Saturday Disney. **9.00** Jessie. **9.30** Shake It Up. **10.00** Shopping. **11.00** Thorney's Cooking Central. (PG) **11.30** Great South East. **12.00** Creek To Coast. **12.30** Qld Weekender. **1.00** Melbourne Weekender. **1.30** Great Escapes. **2.00** Surf Patrol. **2.30** Tennis. WTA Tour. Hobart International. Day 1. **3.00** Tennis. Apia International. Day 7. **6.00** Tennis. Apia International. Night 7. **9.30** Escape To The Country. Nicki Chapman helps a couple eager to embrace country living find a house in Kent. **10.30** Storage Hoarders. Hosted by Aggie Mackenzie. **11.30** 60 Minute Makeover. **12.30** Dr Oz. (M) **2.30** Movie: The Falcon In Mexico. (PG) (1944) **4.00** Escape To The Country. **5.00** Storage Hoarders.

TEN

6.00 GCBC. **6.30** The Home Team. **7.00** iFish. **8.00** Family Feud. **8.30** St10. (PG) **11.00** The Living Room. (PG) **12.00** The Home Team. **12.30** Cricket. Women's Big Bash League. Game 7. Sydney Sixers v Sydney Thunder. **4.00** iFish. **4.30** Escape Fishing With ET. Hosted by Andrew Ettingshausen. **5.00** News. **6.00** Cricket. Big Bash League. Game 30. Sydney Sixers v Sydney Thunder. **8.15** Cricket. Big Bash League. Game 31. Perth Scorchers v Melbourne Stars. From the WACA, Perth. **11.15** 48 Hours. (PG) Takes a look at the 2008 death of Leslie Mueller, whose husband claimed her demise was accidental. **12.00** 48 Hours. (PG) An investigation into the death of a teenager who perished after a break-up with her boyfriend. **1.00** Shopping. **5.00** Hour Of Power. Religious program featuring a large congregation, Christian music with a choir, and guest speakers.

ONE

6.00 Shopping. **8.00** M*A*S*H. (PG) **9.00** Operation Repo. (PG) **11.30** Motor Racing. World Series Sprintcars. **12.30** Extreme Collectors. **1.30** Nature's Misfits. (PG) **2.30** Extreme Fisherman. (PG) **3.30** All 4 Adventure. (PG) **4.30** Car Torque. (PG) **5.00** Cricket. Big Bash League. Game 30. Sydney Sixers v Sydney Thunder. **6.00** Cops. (PG) **6.30** Monster Jam. **7.30** Black Gold. (PG) **8.30** The X-Files. (M) **10.30** Bellator MMA. (M) **12.30** The Home Team. **1.00** Black Ops. (M) **2.00** World Sport. **2.20** Cricket. Big Bash League. Game 29. Melbourne Stars v Brisbane Heat. Replay.

ABC

6.00 Rage. (PG) **10.30** Rage Retro Month. (PG) **11.15** Pointless. (PG) **12.00** Grand Designs. **1.00** River Cottage Veg Every Day. **1.45** How Much Does Your Building Weigh, Mr Foster? (PG) **3.05** Attenborough's Journey. **4.00** Wonders Of Life With Brian Cox. (PG) **5.00** Arthur Phillip: Governor, Sailor, Spy. **5.30** Inspector George Gently. (PG) **7.00** News. **7.30** Our Zoo. (PG) **8.30** Movie: Agatha Raisin: The Quiche Of Death. (PG) (2014) **10.00** Agony Aunts. (M) **10.30** Agony Uncles. (M) Final. **11.00** The Kumars. (M) **11.30** Rage Retro Month. (MA15+) **5.00** Rage. (PG)

ABC2

6.00 Children's Programs. **2.40** Dinosaur Train. **3.10** dirtgirlworld. **3.30** Play School. **4.00** Bananas In Pyjamas. **4.10** Bubble Bath Bay. **4.25** Mister Maker Around The World. **4.45** The Furchester Hotel. **5.00** Curious George. **5.25** Sarah And Duck. **5.35** Hey Duggee. **5.40** Peppa Pig. **5.50** Fireman Sam. **6.00** Charlie And Lola. **6.15** Peter Rabbit. **6.25** Octonauts. **6.35** Ben And Holly. **6.50** Shaun The Sheep. **7.00** Spicks And Specks. (PG) **7.30** Penn & Teller: Fool Us. Final. **8.10** Lie To You? (PG) **8.45** Michael McIntyre's Comedy Roadshow. (M) **9.30** Live At The Apollo. (M) **10.15** Inside Amy Schumer. (M) **10.40** The Office. (M) **11.10** Extras. (M) **11.40** This Old Thing. **12.25** Michael McIntyre's Comedy Roadshow. (M) **1.10** Kroll Show. (M) **1.40** Close. **5.00** Driver Dan's Story Train. **5.10** Abney & Teal. **5.25** Tilly And Friends. **5.35** Ella The Elephant. **5.50** Children's Programs.

SBS

6.00 WorldWatch. **8.10** Filipino News. **8.40** French News. **9.30** Greek News. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News. **12.30** Turkish News. **1.00** PBS News. **2.00** Figure Skating. ISU Grand Prix. NHK Trophy. Highlights. **3.30** Monster Moves. **4.30** The World From Above. **5.00** Motor Racing. Dakar Rally. Stage 12. San Juan to Villa Carlos Paz. Highlights. **5.30** Stories From Home. **6.30** SBS World News. **7.35** The Wonders Of Britain. (PG) **8.30** Movie: Misery. (M) (1990) **10.25** RocKwiz. (PG) **11.25** Vikings. (M) **12.20** Vikings. (M) **1.15** Vikings. (M) **2.05** Vikings. (MA15+) **2.55** Vikings. (MA15+) **3.50** Michael Mosley: Guts. (M) **4.50** UK Bitesize. **5.00** CCTV English News. **5.30** NHK World English News. **5.45** France 24 Feature.

SBS TWO

6.00 WorldWatch. **8.30** Macedonian News. **9.05** Croatian News. **9.40** Serbian News. **10.20** Portuguese News. **11.00** Japanese News. **11.35** Punjabi News. **12.05** Hindi News. **12.30** Dutch News. **1.00** Soccer. A-League. Round 15. Melbourne Victory v Brisbane Roar. Replay. **3.00** Benidorm Bastards. (PG) **3.25** Departures. (PG) **4.20** Running Man Australian Special III. **6.00** Movie: Laputa: Castle In The Sky. (G) (1986) **8.15** If You Are The One. **9.15** Where The Wild Men Are With Ben Fogle. (M) **10.05** Trivia Nights. (M) **10.55** 24: India. (MA15+) **11.45** 24: India. (MA15+) **12.35** 24: India. (M) **1.25** Movie: Vengeance. (MA15+) (2009) **3.25** CCTV News In English From Beijing. **5.00** Korean News. **5.30** Indonesian News.

AUSTAR

MOVIES

6.00pm The Hobbit: The Battle Of The Five Armies (2014) Fantasy. Ian McKellen. (M) *Premiere*

8.30pm The Captive (2015) Crime. Ryan Reynolds. (MA15+) *Premiere*

10.30pm Interstellar (2014) Sci-fi. Matthew McConaughey, Anne Hathaway. (M) *Premiere*

GENERAL

6.30pm E! News. (M) *E!*

8.30pm Whose Line Is It Anyway? (MA15+) *Comedy Channel*

9.00pm Off Their Rockers. (M) *Comedy Channel*

DOCUMENTARY

8.30pm Fatal Attraction. Looks at crimes of passion. (M) *Crime & Investigation*

11.00pm Wildest Indochina. (PG) *Discovery*

SPORT

7.30pm Cricket. Third Test. South Africa v England. Day 3. *Fox Sports 2*

7.30pm Basketball. NBL. Round 15. Townsville Crocodiles v Adelaide 36ers. *Fox Sports 3*

9.30pm Golf. European PGA Tour. Joburg Open. Third round. *Fox Sports 1*

1601

Classifications: **(P)** Preschoolers **(C)** Children **(G)** General **(PG)** Parental Guidance **(M)** Mature Audiences **(MA15+)** Mature Audiences Only **(AV15+)** Extreme Adult Violence. **Please note:** Listings are correct at the time of print and are subject to change by networks.

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NINE

6.00 PAW Patrol. **6.30** Dora. **7.00** Weekend Today. **10.00** My Surf TV. **10.30** Surfing. World League. 2015 Billabong Pipe Masters. Highlights. **11.30** Endangered. **12.30** Cricket. One-Day International Series. Game 3. Australia v India. Afternoon session. **5.00** Customs. (PG) **5.30** Cricket. One-Day International Series. Game 3. Australia v India. Evening session. **6.00** Nine News. **6.30** Cricket. One-Day International Series. Game 3. Australia v India. Evening session. Continued. **9.00** 60 Minutes. **10.00** Cycling. Santos Tour Down Under. People's Choice Classic. 51 km. Adelaide to Adelaide. Highlights. **11.30** Person Of Interest. (MA15+) **12.30** ManSpace. (M) **1.30** V.I.P. (M) **2.30** Anger Management. (M) **3.00** Global Shop. **3.30** Skippy. **4.00** GMA. **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **2.00** Yu-Gi-Oh! Arc-V. (PG) **3.00** Green Lantern. (PG) **3.30** Teen Titans Go! (PG) **4.00** Yo-Kai Watch. (PG) **4.30** The Batman. (PG) **5.00** Scooby-Doo! (PG) **5.30** Looney Tunes. **6.00** Thunderbirds Are Go. (PG) **6.30** Movie: The Brady Bunch Movie. (PG) (1995) **8.30** Movie: A Very Brady Sequel. (PG) (1996) **10.30** Movie: Going The Distance. (MA15+) (2010) **12.30** The Cube. (PG) **1.30** All The Right Moves. (PG) **2.30** Yu-Gi-Oh! Arc-V. (PG) **3.00** Green Lantern. (PG) **3.30** Yu-Gi-Oh! (PG) **4.00** Power Rangers. (PG) **4.30** Wild Kratts. **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! Classic. (PG)

SEVEN

6.00 Doc McStuffins. **6.30** Miles From Tomorrowland. **7.00** Weekend Sunrise. **10.00** Morning Show. (PG) **11.00** I Dream Of Jeannie. **11.30** I Dream Of Jeannie. **12.00** Bewitched. **12.30** World's Strictest Parents. (PG) **1.30** The Amazing Race. (PG) **2.30** The Amazing Race. (PG) **3.30** Better Homes. **4.30** The Long Weekender. **5.00** News. **5.30** Great South East. **6.00** News. **7.00** Border Security: International. (PG) **7.30** Motorway Patrol. (PG) **8.00** The Force: Behind The Line. (PG) **8.30** Movie: Grease. (PG) (1978) John Travolta. **10.55** Lleyton Hewitt Interview. **11.25** Autopsy. (M) **12.30** State Of Affairs. (M) **1.30** Men At Work. (M) **2.00** Shopping. **4.00** NBC Press. **5.00** Sunrise Extra. **5.30** News.

7TWO

6.00 Shopping. **6.30** Amazing Facts. (PG) **7.00** Tomorrow's World. (PG) **7.30** Michael Youssef. (PG) **8.00** David Jeremiah. (PG) **8.30** It Is Written. (PG) **9.00** Shopping. **9.30** Leyland Brothers' World. **10.30** Medical Emergency. (PG) **11.00** The Zoo. **11.30** Surf Patrol. **12.00** Travel Oz. (PG) **1.30** The Travel Bug. (PG) **3.30** Tennis. WTA Tour. Hobart International. Day 2. Highlights. **4.00** Best Houses Australia. **4.30** Dealers. (PG) **5.30** 60 Minute Makeover. (PG) **7.30** House Wreck Rescue. (PG) **8.30** Escape To The Country. **10.30** Best Houses Australia. **11.30** Dealers. (PG) **12.30** House Wreck Rescue. (PG) **1.30** Escape To The Country. **3.30** Alaska Wing Men. (PG) **4.30** This Rugged Coast. **5.30** Harry's Practice.

TEN

6.00 Mass. **6.30** Hillsong. **7.00** Joseph Prince. **7.30** Joel Osteen. **8.00** The Home Team. **8.30** St10. (PG) **11.00** Just Go. **11.30** People Of The Vines. **12.00** GCBC. **12.30** Let's Do Coffee. **1.00** The Offroad Adventure Show. **1.30** Car Torque. **2.00** 4x4 Adventures. **3.00** Everyday Gourmet. **3.30** Firies. (PG) **4.00** iFish. **5.00** News. **6.00** Family Feud Favourites. **6.30** Modern Family. (PG) Jay teaches woodworking to Luke. **7.00** Modern Family. (PG) The adults head to Las Vegas. **7.30** Movie: Ice Age: Continental Drift. (PG) (2012) Ray Romano, Denis Leary. **9.15** Movie: Taken. (M) (2008) Liam Neeson, Maggie Grace. A former spy's daughter is kidnapped. **11.10** To Be Advised. **1.00** Shopping. **4.00** James Robison. (PG) **4.30** CBS Morning.

ONE

6.00 Shopping. **8.00** The Indestructibles. (PG) **9.00** Escape Fishing With ET. **9.30** Extreme Fishing. (PG) **10.30** World Sport. **10.50** Fishing Edge. **11.20** Cricket. Big Bash League. Game 30. Sydney Sixers v Sydney Thunder. Replay. **3.00** Undercover Boss. (PG) **4.00** Megafactories. **5.00** Whacked Out Sports. (PG) **5.30** Adv Angler. **6.00** Family Feud Favourites. **6.30** M*A*S*H. (PG) **7.30** Extreme Collectors. (PG) **8.00** Extreme Collectors. **8.30** Cops. (PG) **9.00** Cops: Adults Only. (M) **9.30** Movie: Scent Of A Woman. (M) (1992) Al Pacino. **12.30** World Sport. **1.00** Cops. (PG) **1.30** Cops: Adults Only. (M) **2.00** M*A*S*H. (PG) **2.30** Cricket. Women's Big Bash League. Game 7. Sydney Sixers v Sydney Thunder. Replay.

ABC

6.00 Rage. (PG) **7.00** Weekend Breakfast. **10.00** Making Australia Great: Inside Our Longest Boom. (PG) **11.00** Australia Wide. **11.30** Praise. **12.00** A Taste Of Landline. **12.30** Back Roads. **1.00** Our Zoo. (PG) **2.00** Soccer. W-League. Round 14. Newcastle Jets v Brisbane Roar. **4.30** Kitchen Cabinet. **5.00** Time Scanners. **5.55** Antiques. **7.00** News. **7.40** Grand Designs. (PG) **8.30** Vera. (M) **10.00** The Last Impresario. (M) **11.30** Movie: The Trip. (MA15+) (2010) **1.20** A Quiet Word With… Richard E. Grant. (M) **1.50** Vera. (M) **3.20** The Last Impresario. (M) **5.00** Compass. **5.30** Eggheads.

ABC2

6.00 Children's Programs. **3.30** Play School. **4.00** Bananas In Pyjamas. **4.10** Bubble Bath Bay. **4.25** Mister Maker Around The World. **4.45** The Furchester Hotel. **5.00** Get Grubby TV. **5.30** Timmy's Seaside Rescue. **5.50** Peppa Pig. **6.00** Charlie And Lola. **6.15** Peter Rabbit. **6.25** Octonauts. **6.35** Ben And Holly. **6.50** Shaun The Sheep. **7.00** Spicks And Specks. (PG) **7.30** Build A New Life In The Country. **8.15** Dream Build. **8.25** Gruen Pitch Rewind. **8.30** Movie: The Twilight Saga: Breaking Dawn – Part 1. (M) (2011) **10.15** Buzzcocks. (M) **10.45** Ladyboys. (PG) **11.35** Louis Theroux's Weird Weekends. (PG) **12.25** Nick Baker's Weird Creatures. (PG) **1.15** Swamp Brothers. (PG) **1.40** Deadly 60. **2.15** News Update. **2.20** Close. **5.00** Driver Dan's Story Train. **5.10** Abney & Teal. **5.25** Tilly And Friends. **5.35** Ella The Elephant. **5.50** Children's Programs.

SBS

6.00 WorldWatch. **8.10** Filipino News. **8.40** French News. **9.30** Greek News. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News. **12.30** Turkish News. **1.00** The World Game. **2.00** Speedweek. **4.00** FIFA Ballon D'Or 2015. **5.00** Motor Racing. Dakar Rally. Final stage. Villa Carlos Paz to Rosario. Highlights. **5.30** Hostages Of The SS. (PG) **6.30** SBS World News. **7.35** Roman Britain From The Air. **8.30** Secrets Of The Lost Graveyard. (PG) **9.25** James Cameron's Deep Sea Challenge. (PG) **11.10** Movie: Ludwig II. (M) (2012) **1.40** Movie: Galantuomini. (M) (2008) **3.35** My America. (M) **4.40** Fugu & Tako. (PG) **4.50** UK Bitesize. **5.00** CCTV English News. **5.30** NHK World English News. **5.45** France 24 Feature.

SBS TWO

6.00 WorldWatch. **8.00** Maltese News. **8.30** Macedonian News. **9.00** PopAsia. (PG) **11.00** Japanese News. **11.35** Punjabi News. **12.05** Hindi News. **12.30** Dutch News. **1.00** Movie: Laputa: Castle In The Sky. (G) (1986) **3.15** Streetosphere. (PG) **3.45** Be Your Own Boss. (M) **4.50** Heston's Feasts. (M) Final. **5.45** The Brain: China. New. **7.35** If You Are The One. **8.35** The Family Law. (PG) **9.05** Drunk History. (M) **9.30** South Park. (M) **9.55** Russell Howard's Good News. (M) **10.30** Dad Made Dirty Movies. (MA15+) **11.35** How To Get More Sex. (M) **12.00** In Her Skin. (M) **12.50** In Her Skin. (M) **1.45** Movie: Bad Day To Go Fishing. (PG) (2009) **3.40** CCTV News In English From Beijing. **5.00** Korean News. **5.30** Indonesian News.

AUSTAR

MOVIES

5.40pm John Wick (2014) Action. Keanu Reeves, Willem Dafoe. (MA15+) *Premiere*

7.30pm Sin City: A Dame To Kill For (2014) Crime. Mickey Rourke, Jessica Alba. (MA15+) *Action*

9.15pm X-Men: First Class (2011) Action. James McAvoy, Michael Fassbender. (M) *Action*

GENERAL

6.30pm Modern Family. (M) *FOX8*

7.30pm Supergirl. (M) *FOX8*

8.30pm 2 Broke Girls. (M) *FOX8*

DOCUMENTARY

6.00pm Masterpieces Unveiled. (M) *Arts*

8.30pm Edge Of Alaska. (M) *Discovery*

10.30pm When Crocs Ate Dinosaurs. (M) *National Geographic*

SPORT

4.00pm Soccer. A-League. Round 15. Newcastle Jets v Wellington Phoenix. *Fox Sports 4*

6.30pm Cricket. Third Test. South Africa v England. Day 4. *Fox Sports 2*

8.00pm Golf. European PGA Tour. Joburg Open. Final round. *Fox Sports 1*

1701

Classifications: **(P)** Preschoolers **(C)** Children **(G)** General **(PG)** Parental Guidance **(M)** Mature Audiences **(MA15+)** Mature Audiences Only **(AV15+)** Extreme Adult Violence. **Please note:** Listings are correct at the time of print and are subject to change by networks.

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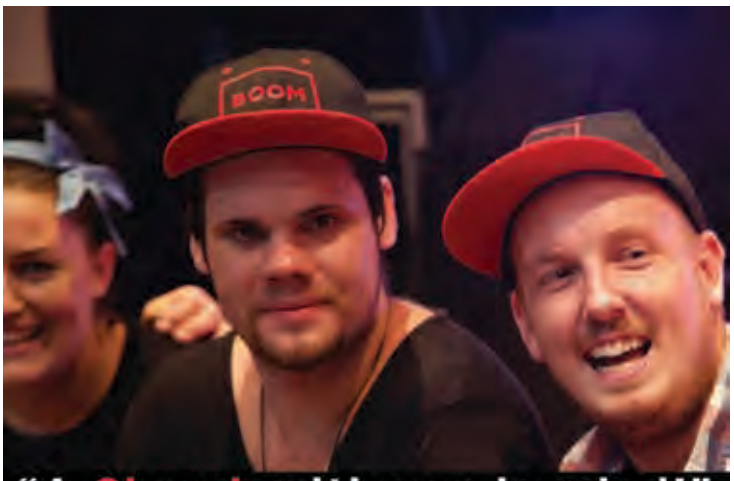

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NINE

6.00 Today. **9.00** Mornings: Summer. (PG) **11.30** Morning News. **12.00** Ellen. (PG) **1.00** Movie: Teen Wolf. (PG) (1985) **3.00** News Now. **4.00** Afternoon News. **5.30** Millionaire Hot Seat. **6.00** Nine News. **7.00** ACA. **7.30** To Catch A Smuggler. (PG) **8.30** Movie: Ocean's Eleven. (M) (2001) **11.00** CSI. (M) **12.00** Underbelly: Razor. (M) Final. **1.00** V.I.P. (M) **2.00** Danoz. **2.30** Global Shop. **3.00** Extra. **3.30** GMA. **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Sooty. **6.30** PAW Patrol. **7.00** Wild Kratts. **7.30** Move It. **8.00** Kitchen Whiz. **8.30** Yo-Kai Watch. (PG) **9.00** Magical Tales. **9.30** Little Charmers. **10.00** SpongeBob. **10.30** PAW Patrol. **11.00** Yu-Gi-Oh! Classic. (PG) **11.30** Scooby-Doo! (PG) **12.00** Young Justice. (PG) **12.30** The Batman. (PG) **1.00** Sooty. **1.30** Yo-Kai Watch. (PG) **2.00** Yu-Gi-Oh! Arc-V. (PG) **2.30** Wild Kratts. **3.00** SpongeBob. **3.30** Thunderbirds Are Go. (PG) **4.00** Scooby-Doo! (PG) **4.30** Young Justice. (PG) **5.00** Ben 10: Omniverse. (PG) **5.30** Teen Titans Go! (PG) **6.00** Regular Show. (PG) **6.30** Adv Time. (PG) **7.00** The Middle. (PG) **7.30** Top Gear. (PG) **9.00** ManSpace. (M) **10.00** Movie: Summer School. (M) (1987) **12.00** Supernatural: The Animated Series. (AV15+) **12.30** Adv Time. (PG) **1.00** Regular Show. (PG) **1.30** Thunderbirds Are Go. (PG) **2.00** Wild Kratts. **2.30** The Batman. (PG) **3.00** Little Charmers. **3.30** Yu-Gi-Oh! (PG) **4.00** Power Rangers. (PG) **4.30** Yu-Gi-Oh! Arc-V. (PG) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! Classic. (PG)

SEVEN

6.00 Sunrise. **10.00** Tennis. Australian Open. Day 1. **6.00** News. **7.00** Tennis. Australian Open. Night 1. **11.30** Border Security: International. (PG) Airport officers are on the lookout for a traveller with an outstanding warrant. **12.00** Miniseries: Titanic. (M) Part 4 of 4. The retelling of the doomed maiden voyage of RMS Titanic concludes. **1.00** Harry's Practice. Dr Harry Cooper and Dr Katrina Warren present information about animals and pet care. **1.30** Travel Unravelled. (M) A luckless fisherman runs into trouble. A highwire walker falls victim to a lowdown prank. **2.00** Shopping. **4.00** NBC Today. News and current affairs. **5.00** Sunrise Extra. Highlights of Sunrise. **5.30** News.

7TWO

6.00 Shopping. **7.00** It's Academic. **7.30** The Woodlies. **8.00** Larry The Lawnmower. **8.30** Harry's Practice. **9.00** Australian Open: Preview Show. **10.00** Tennis. Australian Open. Day 1. **6.00** Tennis. Australian Open. Night 1. **10.00** Tennis. 2005 Australian Open. Round 4. Rafael Nadal v Lleyton Hewitt. Replay. **2.10** Charlie's Angels. (PG) The girls investigate the disappearance of a woman who was donating money to a dodgy research foundation. **3.10** Movie: The Falcon's Adventure. (PG) (1946) Tom Conway, Madge Meredith. **4.30** Cameltrain Downstream. (PG) Explorer Noel Fullerton leads a camel safari down the Finke River, in the Northern Territory. **5.30** Harry's Practice. Dr Harry helps some kids.

TEN

6.00 Ent. Tonight. **6.30** GCBC. **7.00** Ben's Menu. **7.30** Bold. (PG) **8.00** Family Feud Favourites. **8.30** Studio 10. (PG) **11.00** Miguel's Feasts. **11.30** Miguel's Feasts. (PG) **12.00** Dr Phil. **1.00** The Talk. **2.00** Ent. Tonight. **2.30** Everyday Gourmet. **3.00** Judge Judy. (PG) **3.30** The Home Team. **4.00** GCBC. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. Hosted by Grant Denyer. **6.30** The Project. A look at the day's news. **7.30** Cricket. Big Bash League. Game 32. Melbourne Renegades v Adelaide Strikers. **10.10** CSI: Cyber. (M) Online game players are tricked into delivering illegal weapons purchased on the "deep web". **11.10** CSI: Cyber. (M) **12.10** The Doctors. (PG) **1.00** Shopping. **4.00** James Robison. (PG) **4.30** CBS Morning.

ONE

6.00 Shopping. **8.00** Cricket. Big Bash League. Game 31. Perth Scorchers v Melbourne Stars. Replay. **11.40** Totally Wild. **12.00** MasterChef Aust. (PG) **3.30** iFish Summer. **4.00** Diagnosis Murder. (PG) **5.00** Operation Repo. (PG) **5.30** Whacked Out Sports. (PG) **6.00** Family Feud. **6.30** Cricket. Big Bash League. Game 32. Melbourne Renegades v Adelaide Strikers. **7.30** Undercover Boss. (PG) **8.30** Undercover Boss. (M) **9.30** Movie: All Good Things. (MA15+) (2010) Ryan Gosling. **11.30** 48 Hours. (M) **12.30** The Home Team. **1.00** Shopping. **2.00** Diagnosis Murder. (PG) **3.00** The Indestructibles. (PG) **4.00** The Indestructibles. (M) **5.00** Operation Repo. (PG) **5.30** Whacked Out Sports. (PG)

ABC

6.00 News. **8.00** ABC News. **10.00** Gardening Aust. **10.25** Grand Designs. (PG) **11.15** Country House Rescue. Final. **12.00** News. **1.00** Antiques. **2.00** Time Scanners. **3.00** One Plus One. **3.30** Aust Story. **4.00** The Cook And The Chef. **4.30** Eggheads. **5.00** News. **5.25** Grand Designs. **6.15** Pointless. (PG) **7.00** News. **7.30** 7.30. **8.00** Back Roads. Final. **8.30** New Tricks. (PG) Final. **9.30** Miniseries: Exile. (M) **10.30** ABC News: Late Edition. **10.40** Jimmy Fallon. (PG) **11.25** Golf. USPGA Tour. Sony Open In Hawaii. Highlights. **12.20** Rage. (MA15+) **2.05** Persecution Blues: The Battle For The Tote. (M) **3.05** Country House Rescue. Final. **4.00** Miniseries: Exile. (M) **5.00** Compass. (PG) **5.30** Eggheads.

ABC2

6.00 Children's Programs. **4.45** The Furchester Hotel. **5.00** Curious George. **5.25** Sarah And Duck. **5.35** Hey Duggee. **5.40** Peppa Pig. **5.50** Fireman Sam. **6.00** Charlie And Lola. **6.15** Peter Rabbit. **6.25** Octonauts. **6.35** Ben And Holly. **6.50** Shaun The Sheep. **7.00** Spicks And Specks. (PG) **7.30** River Monsters. **8.20** Back Seat Drivers. **8.30** Louis Theroux's Weird Weekends. (M) **9.20** Ross Kemp On Gangs. (MA15+) **10.05** Adam Hills: The Last Leg. (M) **10.35** Movie: The Twilight Saga: Breaking Dawn – Part 1. (M) (2011) **12.25** River Monsters. **1.15** Adam Hills: The Last Leg. (M) **1.45** News Update. **1.50** Close. **5.00** Driver Dan's Story Train. **5.10** Abney & Teal. **5.25** Tilly And Friends. **5.35** Ella The Elephant. **5.50** Children's Programs.

SBS

6.00 WorldWatch. **9.30** Greek News. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News. **12.30** Turkish News. **1.00** Al Jazeera. **2.00** Visions Of Vienna. **3.00** Tracks And Trails. **3.30** If Walls Could Talk. **4.30** Grand Tours. **5.00** Grand Tours. **5.30** Letters And Numbers. **6.00** Poh's Kitchen. **6.30** SBS World News. **7.30** The Mystery Of Dark Energy. **8.30** Trawlermen: The Catch. **9.25** The Tribe. (PG) **10.25** SBS World News. **11.00** Trivia Nights. (M) **11.50** Movie: Mammoth. (M) (2009) **2.05** Hard. (MA15+) **2.40** Hard. (MA15+) **3.15** 24 Hours In Emergency. (M) **4.10** Food Lovers' Guide. **4.45** Yardbird. (M) **5.00** CCTV English News. **5.30** NHK World English News.

SBS TWO

6.00 WorldWatch. **9.05** Croatian News. **9.40** Serbian News. **10.20** Portuguese News. **11.00** Japanese News. **11.35** Punjabi News. **12.05** Hindi News. **12.30** Dutch News. **1.00** Urdu News. **1.30** Tamil News. **2.00** Thai News. **2.30** Sri Lankan Sinhalese News. **3.00** Bangla News. **3.30** Romanian News. **4.00** Dara Ó Briain: School Of Hard Sums. **4.50** Vs Arashi. **5.45** The Office. (PG) **6.10** The Office. (PG) **6.35** If You Are The One. **7.40** Community. (PG) **8.05** Community. (PG) **8.30** The Returned. (M) **9.35** Movie: The Tree. (M) (2010) **11.25** The Sarah Silverman Program. (M) **11.55** Free Radio. (M) **12.20** RuPaul's Drag Race. (M) **1.10** RuPaul's Drag Race. (M) **2.00** Crazy Horse: Nude Cabaret De Paris. (M) **4.20** RT News In English From Moscow. **5.00** Korean News. **5.30** Indonesian News.

AUSTAR

MOVIES

5.55pm Easy A (2010) Comedy. Emma Stone, Penn Badgley. (M) *Comedy*
7.30pm Gone Girl (2014) Thriller. Ben Affleck, Rosamund Pike. (MA15+) *Premiere*
10.05pm The Gambler (2014) Crime. Mark Wahlberg, Jessica Lange. (MA15+) *Premiere*

GENERAL

7.30pm The Real Housewives Of Atlanta. (M) *Arena*
8.30pm Supernatural. (M) *FOX8*
9.30pm The Tonight Show Starring Jimmy Fallon. (M) *E!*

DOCUMENTARY

6.30pm Making Tracks. (PG) *History*
7.30pm What's The Right Diet For You? (PG) *Lifestyle You*
9.30pm StarTalk. (M) *National Geographic*

SPORT

6.30pm Golf. USPGA Tour. Sony Open in Hawaii. Final round. *Fox Sports 1*
6.30pm Cricket. Third Test. South Africa v England. Day 5. *Fox Sports 2*
9.00pm Basketball. Euroleague. Group stage. *Eurosport*

Classifications: (P) Preschoolers **(C)** Children **(G)** General **(PG)** Parental Guidance **(M)** Mature Audiences **(MA15+)** Mature Audiences Only **(AV15+)** Extreme Adult Violence. **Please note:** Listings are correct at the time of print and are subject to change by networks.

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NINE

6.00 Today. **9.00** Mornings: Summer. (PG) **11.30** Cycling. Santos Tour Down Under. Stage 1. Prospect, Adelaide to Lyndoch. 130.8 km. **2.30** Ellen. (PG) **3.30** News Now. **4.00** Afternoon News. **5.30** Millionaire Hot Seat. **6.00** Nine News. **7.00** ACA. **7.30** Big Bang. (PG) **8.00** Border Rico. (PG) **8.30** Movie: The Tourist. (M) (2010) **10.35** Mom. (M) **11.05** Cycling. Santos Tour Down Under. Stage 1. Prospect, Adelaide to Lyndoch. 130.8 km. Highlights. **12.05** 20/20. **1.00** Extra. **1.30** Danoz. **2.30** Global Shop. **3.00** Skippy. **3.30** GMA. **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **11.30** Scooby-Doo! (PG) **12.00** Young Justice. (PG) **12.30** The Batman. (PG) **1.00** Sooty. **1.30** Yo-Kai Watch. (PG) **2.00** Yu-Gi-Oh! Arc-V. (PG) **2.30** Wild Kratts. **3.00** SpongeBob. **3.30** Rabbids. (PG) **4.00** Scooby-Doo! (PG) **4.30** Young Justice. (PG) **5.00** Ben 10: Omniverse. (PG) **5.30** Teen Titans Go! (PG) **6.00** Regular Show. (PG) **6.30** Adv Time. (PG) **7.00** The Middle. (PG) **7.30** For The Love Of Cars. (PG) **8.30** Storage Hunters UK. (PG) **9.00** Storage Hunters. (PG) **9.30** Movie: The Town. (MA15+) (2010) **12.00** Supernatural: The Animated Series. (AV15+) **12.30** Adv Time. (PG) **1.00** Regular Show. (PG) **1.30** Rabbids. (PG) **2.00** Wild Kratts. **2.30** The Batman. (PG) **3.00** Little Charmers. **3.30** Yu-Gi-Oh! (PG) **4.00** Power Rangers. (PG) **4.30** Yu-Gi-Oh! Arc-V. (PG) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! Classic. (PG)

SEVEN

6.00 Sunrise. **9.00** Australian Open: Highlights. **9.30** Australian Open: Preview Show. **10.00** Tennis. Australian Open. Day 2. **6.00** News. **7.00** Tennis. Australian Open. Night 2. **11.30** Border Security: International. (PG) A street performer is caught in an escape act. Questions about the past of a cheeky bus passenger are raised. **12.00** Happy Endings. (PG) After Jane's old flame comes to town for a visit, Brad is surprised to discover he is a she. **12.30** Happy Endings. (PG) Max's vow to take revenge on the gang for pranking him threaten to interfere with Pete's proposal to Penny. **1.00** Happy Endings. (PG) Would-be wedding co-ordinator Jane takes Pete and Penny to a wedding expo. **1.30** Harry's Practice. Dr Harry Cooper and Dr Katrina Warren present information about animals and pet care. **2.00** Shopping. **4.00** NBC Today. News and current affairs. **5.00** Sunrise Extra. Highlights of Sunrise. **5.30** News.

7TWO

6.00 Shopping. **7.00** It's Academic. **7.30** The Woodlies. **8.00** Australian Open: Highlights. **9.30** Australian Open: Preview Show. **10.00** Tennis. Australian Open. Day 2. **6.00** Tennis. Australian Open. Night 2. **10.00** Tennis. 2005 Australian Open. Men's singles. Quarter-final. Lleyton Hewitt v David Nalbandian. Replay. **2.30** Charlie's Angels. (PG) After someone tries to kill a radio newswoman, the station turns to Charlie for help. **3.30** The Charm Of Britain. Part 1 of 2. **5.30** Harry's Practice.

TEN

6.00 Ent. Tonight. **6.30** The Home Team. **7.00** Ben's Menu. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **11.00** Bondi Vet. (PG) **12.00** Dr Phil. **1.00** The Talk. **2.00** Ent. Tonight. **2.30** Everyday Gourmet. **3.00** Judge Judy. (PG) **3.30** The Home Team. **4.00** GCBC. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. **7.30** Territory Cops. **8.00** Territory Cops. Partygoers celebrate the Hookers Ball. **8.30** NCIS. (M) Director Vance gives DiNozzo a special assignment to bring home an admiral's daughter from Paris. **9.30** NCIS: LA. (M) Eric witnesses an attack. **10.30** NCIS: LA. (M) **11.30** The Project. **12.30** The Doctors. (M) **1.30** Shopping. **4.00** James Robison. (PG) **4.30** CBS Morning.

ONE

6.00 Shopping. **8.00** Cricket. Big Bash League. Game 32. Melbourne Renegades v Adelaide Strikers. Replay. **11.40** World Sport. **12.00** MasterChef Aust. (PG) **2.30** Megafactories. **3.30** iFish Summer. **4.00** Diagnosis Murder. (PG) **5.00** Operation Repo. **5.30** Whacked Out Sports. (PG) **6.00** Family Feud. **6.30** M*A*S*H. (PG) **7.30** Extreme Fisherman. (PG) Final. **8.30** Extreme Fishing. (PG) **9.30** 48 Hours. (M) **10.30** The Americans. (MA15+) Final. **11.40** Black Ops. (M) **12.40** The Home Team. **1.10** Shopping. **2.10** Diagnosis Murder. (PG) **3.10** RPM Moment. **3.30** Car Torque. (PG) **4.00** Black Gold. (PG) **5.00** Operation Repo. (PG) **5.30** Whacked Out Sports. (PG)

ABC

6.00 News. **8.00** ABC News. **10.00** Gardening Aust. **10.25** Grand Designs. **11.15** Pointless. (PG) **12.00** News. **1.00** New Tricks. (PG) Final. **2.00** Antiques Master. Final. **2.30** Catalyst. (PG) **3.00** One Plus One. **3.30** Aust Story. **4.00** The Cook And The Chef. **4.30** Eggheads. **5.00** News. **5.25** Grand Designs. **6.15** Pointless. (PG) **7.00** News. **7.30** 7.30. **8.00** Kangaroo Dundee. **8.30** Restoration Man. **9.20** Miniseries: Inside Men. (M) **10.15** ABC News: Late Edition. **10.25** Jimmy Fallon. (PG) **11.10** Fortitude. (MA15+) **12.00** Rage. (MA15+) **2.15** Restoration Man. **3.05** Miniseries: Inside Men. (M) **4.00** Fortitude. (MA15+) **5.00** Compass. **5.30** Eggheads.

ABC2

6.00 Children's Programs. **4.10** Bubble Bath Bay. **4.25** Mister Maker Around The World. **4.45** The Furchester Hotel. **5.00** Curious George. **5.25** Sarah And Duck. **5.35** Hey Duggee. **5.40** Peppa Pig. **5.50** Fireman Sam. **6.00** Charlie And Lola. **6.15** Peter Rabbit. **6.25** Octonauts. **6.35** Ben And Holly. **6.50** Shaun The Sheep. **7.00** Spicks And Specks. **7.30** River Monsters. (PG) **8.20** Back Seat Drivers. **8.30** Special Forces: Ultimate Hell Week. (M) **9.30** Banged Up Abroad. (M) **10.20** Adam Hills: The Last Leg. (M) **10.50** Ross Kemp On Gangs. (MA15+) **11.40** Sh*tsville Express. (M) **12.40** Teen Dad. (PG) **1.25** Teen Dad. (PG) **2.10** News Update. **2.15** Close. **5.00** Driver Dan's Story Train. **5.10** Abney & Teal. **5.25** Tilly And Friends. **5.35** Ella The Elephant. **5.50** Children's Programs.

SBS

6.00 WorldWatch. **11.00** Spanish News. **12.00** Arabic News. **12.30** Turkish News. **1.00** PBS News. **2.00** Gianni Schicchi. **3.00** Railway Walks. **3.30** Make Me… (PG) **4.30** Wildest Arctic. (PG) **5.30** Letters And Numbers. **6.00** Poh's Kitchen. **6.30** SBS World News. **7.30** Queen Victoria's Children. (PG) **8.30** Is Binge Drinking That Bad? (PG) **9.30** One Born Every Minute. (M) **10.25** SBS World News. **11.00** Spider House. **11.55** Movie: The Incite Mill: 7 Day Death Game. (M) (2010) **1.55** The Turn Of The Screw. **3.55** One Born Every Minute: What Happened Next? (M) **4.55** Rachel Khoo Bitesize. **5.00** CCTV English News. **5.30** NHK World English News.

SBS TWO

6.00 WorldWatch. **11.00** Japanese News. **11.35** Punjabi News. **12.05** Hindi News. **12.30** Dutch News. **1.00** Urdu News. **1.30** Tamil News. **2.00** Thai News. **2.30** Sri Lankan Sinhalese News. **3.00** Bangla News. **3.30** Nepali News. **4.00** Mysterious Cities Of Gold. (PG) **4.35** Snow In Paradise. **4.45** Vs Arashi. **5.45** The Office. (PG) **6.10** The Office. (PG) **6.40** If You Are The One. **7.35** Brooklyn Nine-Nine. (PG) **8.05** Brooklyn Nine-Nine. (PG) **8.30** The Wizards Of Aus. **9.00** The Island With Bear Grylls USA. (PG) New. **9.50** What Happens In Kavos. (MA15+) **10.45** Unplanned America. (MA15+) **11.15** Unplanned America. (MA15+) Final. **11.45** Cordon. (M) **12.40** In The Flesh. (M) **1.45** Movie: Air Doll. (MA15+) (2009) **3.50** France 24 News In English From Paris. **5.00** Korean News. **5.30** Indonesian News.

AUSTAR.

MOVIES

5.30pm A Walk Among The Tombstones (2014) Crime. Liam Neeson, Dan Stevens. (MA15+) *Premiere*
7.30pm Wild (2014) Biography. Reese Witherspoon, Laura Dern. (MA15+) *Masterpiece*
9.05pm The Other Woman (2014) Comedy. Cameron Diaz, Leslie Mann. (M) *Romance*

GENERAL

7.30pm Brooklyn Nine-Nine. (M) *Universal Channel*
8.15pm The Good Wife. (M) *SoHo*
8.30pm The Fosters. (M) *FOX8*

DOCUMENTARY

6.30pm The Unseen Time Team Specials. (PG) *History*
6.30pm Kings Of The Wild. (M) *Discovery*
8.30pm FBI Takedowns. (M) *Discovery*

SPORT

3.30pm Basketball. NBL. Round 15. Townsville Crocodiles v Adelaide 36ers. *Fox Sports 3*
6.30pm Cricket. Twenty20 International Series. New Zealand v Pakistan. Game 2. *Fox Sports 2*
7.30pm Soccer. EPL. *Fox Sports 4*

Classifications: (P) Preschoolers **(C)** Children **(G)** General **(PG)** Parental Guidance **(M)** Mature Audiences **(MA15+)** Mature Audiences Only **(AV15+)** Extreme Adult Violence. **Please note:** Listings are correct at the time of print and are subject to change by networks.

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NINE

6.00 Today. **9.00** Mornings: Summer. (PG) **11.30** Morning News. **12.00** Extra. **12.30** Cricket. One-Day International Series. Game 4. Australia v India. Afternoon session. **5.00** Millionaire Hot Seat. **5.30** Cricket. One-Day International Series. Game 4. Australia v India. Evening session. **6.00** Nine News. **6.30** Cricket. One-Day International Series. Game 4. Australia v India. Evening session. Continued. **9.00** To Be Advised. **10.00** Cycling. Santos Tour Down Under. Stage 2. Unley, Adelaide to Stirling. 132 km. Highlights. **11.00** Anger Management. (M) **11.30** Clipped. (PG) **12.00** Sue Thomas: F.B.Eye. (PG) **1.00** Anger Management. (M) **1.30** Danoz. **2.30** Extra. **3.00** Global Shop. **3.30** GMA. **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **2.30** Wild Kratts. **3.00** SpongeBob. **3.30** Rabbids. (PG) **4.00** Scooby-Doo! (PG) **4.30** Young Justice. (PG) **5.00** Ben 10. (PG) **5.30** Teen Titans Go! (PG) **6.00** Regular Show. (PG) **6.30** Adv Time. (PG) **7.00** The Middle. (PG) **7.30** Two And A Half Men. (M) **8.30** Strassman: Live – Vol 2. (M) **10.00** Balls Of Steel Australia. (MA15+) **11.00** To Be Advised. **11.30** South Beach Tow. (M) **12.00** Supernatural: The Animated Series. (AV15+) **12.30** Adv Time. (PG) **1.00** Regular Show. (PG) **1.30** Rabbids. (PG) **2.00** Wild Kratts. **2.30** The Batman. (PG) **3.00** Little Charmers. **3.30** Yu-Gi-Oh! (PG) **4.00** Power Rangers. (PG) **4.30** Yu-Gi-Oh! Arc-V. (PG) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! Classic. (PG)

SEVEN

6.00 Sunrise. **9.00** Australian Open: Highlights. **9.30** Australian Open: Preview Show. **10.00** Tennis. Australian Open. Day 3. **6.00** News. **7.00** Tennis. Australian Open. Night 3. **11.30** Border Security: International. (PG) The policy of three strikes and your out may be a concern for a trio of Americans. **12.00** Travel Unravelled. (M) Meet a man who spent his spring break on a raft. Discover how a panda stole a man's jacket at a Chinese zoo. **12.30** Harry's Practice. Dr Harry Cooper and Dr Katrina Warren present information about animals and pet care. **1.00** Harry's Practice. Dr Harry Cooper and Dr Katrina Warren present information about animals and pet care. **1.30** Harry's Practice. Dr Harry Cooper and Dr Katrina Warren present information about animals and pet care. **2.00** Shopping. **4.00** NBC Today. News and current affairs. **5.00** Sunrise Extra. Highlights of Sunrise. **5.30** News.

7TWO

6.00 Shopping. **7.00** It's Academic. **7.30** The Woodlies. **8.00** Australian Open: Highlights. **9.30** Australian Open: Preview Show. **10.00** Tennis. Australian Open. Day 3. **6.00** Tennis. Australian Open. Night 3. **10.00** Tennis. 2005 Australian Open. Men's singles. Semi-final. Lleyton Hewitt v Andy Roddick. Replay. From Melbourne Park. **1.00** Charlie's Angels. (PG) The Angels investigate a home for wayward girls after a friend of Kelly's calls her asking for help. **2.00** Shopping. **4.00** Movie: Step Lively. (G) (1944) Frank Sinatra, George Murphy.

TEN

6.00 Ent. Tonight. **6.30** The Home Team. **7.00** Ben's Menu. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **11.00** Bondi Vet. (PG) **12.00** Dr Phil. **1.00** The Talk. **2.00** Ent. Tonight. **2.30** Everyday Gourmet. **3.00** Judge Judy. (PG) **3.30** The Home Team. **4.00** GCBC. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. **7.30** Modern Family. (PG) Mitch hides his feelings about Cam's father. **8.00** Modern Family. (PG) The family travels to Australia. **8.30** Movie: Rush. (2013) Chris Hemsworth, Daniel Brühl. Two Formula 1 drivers form a fierce rivalry. **11.10** Hawaii Five-0. (M) **12.10** The Doctors. (PG) **1.00** Shopping. **4.00** James Robison. (PG) **4.30** CBS Morning.

ONE

6.00 Shopping. **8.00** Car Torque. (PG) **8.30** Fishing Edge. **9.00** Broad Horizons: Australia's Icons. **10.00** Totally Wild. **10.20** M*A*S*H. (PG) **11.20** MasterChef Aust. (PG) **2.30** Undercover Boss. (PG) **3.30** iFish Summer. **4.00** Diagnosis Murder. (PG) **5.00** Operation Repo. (PG) **5.30** Whacked Out Sports. (PG) **6.00** Family Feud. **6.30** M*A*S*H. (PG) **7.30** Megafactories. **8.30** Cops. (PG) **9.00** Cops: Adults Only. (M) **9.30** Movie: Conquest Of The Planet Of The Apes. (M) (1972) Roddy McDowall. **11.30** Extreme Collectors. (PG) **12.00** The Home Team. **12.30** Shopping. **2.00** Diagnosis Murder. (PG) **3.00** Cops. (PG) **3.30** Cops: Adults Only. (M) **4.00** Undercover Boss. (M) **5.00** Operation Repo. (PG) **5.30** Whacked Out Sports. (PG)

ABC

6.00 News. **8.00** ABC News. **10.00** Gardening Aust. **10.25** Grand Designs. **11.15** Pointless. (PG) **12.00** News. **1.00** Adam Hills Tonight. (PG) **2.00** Kangaroo Dundee. **2.30** Catalyst. **3.00** One Plus One. **3.30** Aust Story. **4.00** The Cook And The Chef. **4.30** Eggheads. **5.00** News. **5.25** Grand Designs. **6.15** Pointless. (PG) **7.00** News. **7.30** 7.30. **8.00** Lie To You? (PG) **8.30** Miss Fisher's Murder Mysteries. (M) **9.30** The Musketeers. (M) **10.25** ABC News: Late Edition. **10.35** Jimmy Fallon. (PG) **11.15** Judith Lucy's Spiritual Journey. (M) Final. **11.45** The Kumars. (M) **12.15** Rage. (MA15+) **2.25** Movie: Angel Face. (PG) (1952) **4.00** The Musketeers. (M) **5.00** Compass. (PG) **5.30** Eggheads.

ABC2

6.00 Children's Programs. **5.25** Sarah And Duck. **5.35** Hey Duggee. **5.40** Peppa Pig. **5.50** Fireman Sam. **6.00** Charlie And Lola. **6.15** Peter Rabbit. **6.25** Octonauts. **6.35** Ben And Holly. **6.50** Shaun The Sheep. **7.00** Spicks And Specks. (PG) **7.30** River Monsters. (PG) **8.20** Back Seat Drivers. **8.30** Burger Bar To Gourmet Star. (PG) **9.15** 2000 Tattoos But Don't Judge Me. (MA15+) **10.00** Adam Hills: The Last Leg. **10.45** Special Forces: Ultimate Hell Week. (M) **11.50** Banged Up Abroad. (M) **12.35** Wild Things With Dominic Monaghan. (PG) **1.25** Scrapheap Challenge. **2.15** News Update. **2.20** Close. **5.00** Driver Dan's Story Train. **5.10** Abney & Teal. **5.25** Tilly And Friends. **5.35** Children's Programs.

SBS

6.00 WorldWatch. **12.00** Arabic News. **12.30** Turkish News. **1.00** PBS News. **2.00** Cathedrals Of Culture. **2.30** Cathedrals Of Culture. **3.00** The World From Above. **3.30** Harlots, Housewives And Heroines. (PG) **4.30** London's Wild Side. **5.30** Letters And Numbers. **6.00** Poh's Kitchen. **6.30** SBS World News. **7.30** Australia With Simon Reeve. (PG) **8.35** 24 Hours In Emergency. (M) **9.30** The Missing. (M) **10.35** SBS World News. **11.05** Erebus: Air Crash Antarctica. (M) **12.30** Movie: Heaven, Hell… Earth. (M) (2009) **2.15** Movie: The Life Coach. (PG) (2009) **3.55** The Rise And Fall Of Versailles. (M) **4.50** France Bitesize. **5.00** CCTV English News. **5.30** NHK World English News.

SBS TWO

6.00 WorldWatch. **11.35** Punjabi News. **12.05** Hindi News. **12.30** Dutch News. **1.00** Urdu News. **1.30** Tamil News. **2.00** Thai News. **2.30** Sri Lankan Sinhalese News. **3.00** Bangla News. **3.30** African News. **4.00** Mysterious Cities Of Gold. (PG) **4.35** Polarised. **4.45** Vs Arashi. **5.45** The Office. (PG) **6.10** The Office. (PG) **6.40** If You Are The One. **7.35** Brooklyn Nine-Nine. (PG) **8.05** Brooklyn Nine-Nine. (PG) **8.30** The Wizards Of Aus. **9.00** Movie: The Editor. (MA15+) (2014) **10.35** Movie: Norwegian Ninja. (M) (2010) **12.05** Wilfred. (MA15+) **12.35** Shameless. (MA15+) **1.30** Shameless. (MA15+) **2.25** Work Of Art: The Next Great Artist. (PG) **3.20** DW News In English From Berlin. **5.00** Korean News. **5.30** Indonesian News.

AUSTAR.

MOVIES

6.30pm The Lego Movie (2014) Animation. Chris Pratt, Will Arnett. (PG) *Family*
7.30pm Babel (2006) Drama. Brad Pitt, Cate Blanchett. (MA15+) *Masterpiece*
10.55pm Fury (2014) War. Brad Pitt, Shia LaBeouf. (MA15+) *Premiere*

GENERAL

7.30pm Legends. (M) *FX*
7.30pm Offspring. (M) *Universal Channel*
8.30pm White Collar. (M) *SoHo*

DOCUMENTARY

6.30pm This Is Opera. (PG) *Foxtel Arts*
8.30pm Secrets Of The Duomo. (PG) *History*
9.30pm Randy To The Rescue. (PG) *TLC*

SPORT

6.30pm Basketball. NBL. Round 16. Adelaide 36ers v Sydney Kings. *Fox Sports 3*
7.45pm Skiing. World Cup. Biathlon. Women's mass start. *Eurosport*
9.30pm Ice Hockey. NHL. *Fox Sports 2*

Classifications: (P) Preschoolers **(C)** Children **(G)** General **(PG)** Parental Guidance **(M)** Mature Audiences **(MA15+)** Mature Audiences Only **(AV15+)** Extreme Adult Violence. **Please note:** Listings are correct at the time of print and are subject to change by networks.

2001

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NINE

6.00 Today. **9.00** Mornings: Summer. (PG) **11.30** Cycling. Santos Tour Down Under. Stage 3. Glenelg, Adelaide to Campbelltown, Adelaide. 139 km. **2.30** Ellen. (PG) **3.30** News Now. **4.00** Afternoon News. **5.30** Millionaire Hot Seat. **6.00** Nine News. **7.00** ACA. **7.30** Matt And Kim To The Rescue. (PG) **8.30** World's Most Expensive Food. (PG) **9.30** The Truth About Exercise. (PG) **10.30** Cycling. Santos Tour Down Under. Stage 3. Glenelg, Adelaide to Campbelltown, Adelaide. 139 km. Highlights. **11.30** Undateable. (M) **12.00** Forever. (M) **1.00** Sue Thomas: F.B.Eye. (PG) **2.00** Danoz. **2.30** Global Shop. **3.00** Extra. **3.30** GMA. **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **12.30** The Batman. **1.00** Sooty. **1.30** Yo-Kai Watch. (PG) **2.00** Yu-Gi-Oh! Arc-V. (PG) **2.30** Wild Kratts. **3.00** SpongeBob. **3.30** Rabbids. (PG) **4.00** Scooby-Doo! (PG) **4.30** Young Justice. (PG) **5.00** Ben 10: Omniverse. (PG) **5.30** Teen Titans Go! (PG) **6.00** Regular Show. (PG) **6.30** Adv Time. (PG) **7.00** The Middle. (PG) **7.30** Criss Angel Mindfreak. (M) **8.30** Movie: Alexander. (M) (2004) **12.00** Supernatural: The Animated Series. (MA15+) **12.30** Adv Time. (PG) **1.00** Regular Show. (PG) **1.30** Rabbids. (PG) **2.00** Wild Kratts. **2.30** The Batman. **3.00** Little Charmers. **3.30** Yu-Gi-Oh! (PG) **4.00** Power Rangers. (PG) **4.30** Yu-Gi-Oh! Arc-V. (PG) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! Classic. (PG)

SEVEN

6.00 Sunrise. **9.00** Australian Open: Highlights. **9.30** Australian Open: Preview Show. **10.00** Tennis. Australian Open. Day 4. **6.00** News. **7.00** Tennis. Australian Open. Night 4. **11.30** Border Security: International. (PG) A traveller's textbooks teach him an unexpected lesson and a tourist hits a snag instead of the slopes. **12.00** Harry's Practice. Dr Harry Cooper and Dr Katrina Warren present information about animals and pet care. **12.30** Travel Unravelled. (M) Explores how travel experiences can go wrong, from angry ostriches and swimsuit malfunctions to airport meltdowns. **1.00** Harry's Practice. Dr Harry Cooper and Dr Katrina Warren present information about animals and pet care. **1.30** Harry's Practice. Information about pet care. **2.00** Shopping. **4.00** NBC Today. News and current affairs. **5.00** Sunrise Extra. Highlights of Sunrise. **5.30** News.

7TWO

6.00 Shopping. **7.00** It's Academic. **7.30** The Woodlies. **8.00** Australian Open: Highlights. **9.30** Australian Open: Preview Show. **10.00** Tennis. Australian Open. Day 4. **6.00** Tennis. Australian Open. Night 4. **10.00** Tennis. 2005 Australian Open. Final. Marat Safin v Lleyton Hewitt. Replay. **1.30** Dr Oz. (PG) Presented by Dr Mehmet Oz. **2.30** Movie: Sea Devils. (G) (1937) Victor McLaglen. **4.30** Harry's Practice. Information about pet care. **5.30** Shopping.

TEN

6.00 Ent. Tonight. **6.30** The Home Team. **7.00** Ben's Menu. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **11.00** Bondi Vet. (PG) **12.00** Dr Phil. (PG) **1.00** The Talk. **2.00** Ent. Tonight. **2.30** Everyday Gourmet. **3.00** Judge Judy. (PG) **3.30** The Home Team. **4.00** GCBC. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. Hosted by Grant Denyer. **6.30** The Project. A look at the day's news. **7.30** Cricket. Big Bash League. First semi-final. **10.10** NCIS: LA. (M) The team looks into a case involving a ex-marine who is being pursued by al-Qaeda for embezzling money. **11.10** Blue Bloods. (M) Danny and Baez investigate a murder. **12.10** Blue Bloods. (M) **1.10** The Doctors. (PG) **2.00** Shopping. **4.00** James Robison. (PG) **4.30** CBS Morning.

ONE

6.00 Shopping. **8.00** Black Gold. (PG) **9.00** This Is Straddie. **10.00** Totally Wild. **10.30** My Surf TV. **11.00** M*A*S*H. (PG) **12.00** MasterChef Aust. (PG) **1.30** Cricket. Women's Big Bash League. Game 8. First semi-final. **5.00** Extreme Collectors. (PG) **5.30** Whacked Out Sports. (PG) **6.00** Family Feud. **6.30** Cricket. Big Bash League. First semi-final. **7.30** Last Man Standing. (PG) **8.30** The Last Man On Earth. (M) Final. **9.00** Man Seeking Woman. (MA15+) **9.30** Movie: Hot Shots! (M) (1991) Charlie Sheen, Cary Elwes. **11.20** Operation Repo. (PG) **11.50** The Home Team. **12.20** Raising Hope. (PG) **1.20** Shopping. **2.20** M*A*S*H. (PG) **3.15** Bellator MMA. (M) **5.05** Operation Repo. **5.30** Whacked Out Sports. (PG)

ABC

6.00 News. **8.00** ABC News. **10.00** Gardening Aust. **10.25** Grand Designs. **11.15** Pointless. (PG) **12.00** News. **1.00** Adam Hills Tonight. (PG) **2.00** Lie To You? (PG) **2.30** Catalyst. **3.00** One Plus One. **3.30** Aust Story. **4.00** The Cook And The Chef. **4.30** Eggheads. **5.00** News. **5.25** Grand Designs. **6.15** Pointless. (PG) **7.00** News. **7.30** 7.30. **8.00** QI. (PG) **8.30** Sherlock. (M) **10.00** The Agony Of... (M) **10.30** ABC News: Late Edition. **10.40** Jimmy Fallon. (PG) **11.25** Crash Test Mummies And Daddies. (M) Final. **11.55** Comedy Up Late. (M) **12.25** Rage. (MA15+) **2.30** Golf. USPGA Tour. Sony Open In Hawaii. Highlights. **3.25** Sherlock. (M) **5.00** Compass. **5.30** Eggheads.

ABC2

6.00 Children's Programs. **4.25** Mister Maker Around The World. **4.45** The Furchester Hotel. **5.00** Curious George. **5.25** Sarah And Duck. **5.35** Hey Duggee. **5.40** Peppa Pig. **5.50** Fireman Sam. **6.00** Charlie And Lola. **6.15** Peter Rabbit. **6.25** Octonauts. **6.35** Ben And Holly. **6.50** Shaun The Sheep. **7.00** Spicks And Specks. (PG) **7.30** River Monsters. (PG) **8.20** Back Seat Drivers. **8.30** The Office. (M) **9.00** Extras. (M) **9.30** Buzzcocks. (M) **10.05** Inside Amy Schumer. (MA15+) **10.25** Adam Hills: The Last Leg. (M) **11.10** Penn & Teller: Fool Us. **12.10** Live At The Apollo. (M) **1.00** River Monsters. (PG) **1.50** Scrapheap Challenge. **2.35** News Update. **2.40** Close. **5.00** Driver Dan's Story Train. **5.10** Abney & Teal. **5.25** Tilly And Friends. **5.35** Ella The Elephant. **5.50** Children's Programs.

SBS

6.00 WorldWatch. **11.00** Spanish News. **12.00** Arabic News. **12.30** Turkish News. **1.00** PBS News. **2.00** Mastroianni, The Ideal Italian. **3.00** Backroads USA. **3.30** The Dark Charisma Of Adolf Hitler. (PG) **4.30** Urban Secrets. (PG) **5.30** Letters And Numbers. **6.00** Poh's Kitchen. **6.30** SBS World News. **7.30** Kitchen Notebook: London. **8.00** Food Safari Fire. **8.30** The Family Law. (M) **9.00** Poh & Co. **9.30** The Bridge. (M) **10.35** SBS World News. **11.05** The Sex Clinic. (MA15+) **12.00** Movie: Gloria. (M) (2013) **2.00** RocKwiz. (PG) **2.40** RocKwiz. **3.20** Marco Pierre White's Kitchen Wars. (PG) **4.15** Food Lovers' Guide. **4.50** The Date. (PG) **5.00** CCTV English News. **5.30** NHK World English News.

SBS TWO

6.00 WorldWatch. **11.00** Japanese News. **11.35** Punjabi News. **12.05** Hindi News. **12.30** Dutch News. **1.00** Urdu News. **1.30** Tamil News. **2.00** Thai News. **2.30** Sri Lankan Sinhalese News. **3.00** Bangla News. **3.30** Somali News. **4.00** Mysterious Cities Of Gold. (PG) **4.35** The Lala Road. (PG) **4.45** Vs Arashi. **5.45** The Office. (PG) **6.10** The Office. (PG) **6.40** If You Are The One. **7.35** India With Guy Martin. (PG) **8.30** The Wizards Of Aus. **9.00** MythBusters. (PG) **10.00** Electric Boogaloo. (M) **11.55** Danger 5. (M) **12.25** Danger 5. (MA15+) **12.55** Danger 5. (MA15+) **1.25** Orphan Black. (MA15+) **2.15** Banana. (M) **2.45** Alarm For Cobra 11. (M) **3.40** Ugly Americans. (M) **4.05** NHK World English News. **5.00** Korean News. **5.30** Indonesian News.

AUSTAR.

MOVIES

5.25pm RoboCop (2014) Action. Joel Kinnaman, Gary Oldman. A near-dead cop is transformed into a high-tech cyborg. (M) *Action*

7.30pm Focus (2015) Crime. Will Smith, Margot Robbie. (MA15+) *Premiere*

9.20pm Hercules (2014) Action. Dwayne Johnson, John Hurt. (M) *Premiere*

GENERAL

7.30pm Lewis. (M) *13th Street*

8.15pm Cougar Town. (M) *SoHo*

8.30pm Fairly Legal. (M) *Universal Channel*

DOCUMENTARY

6.00pm Cops. (M) *Crime & Investigation*

8.30pm Monsters & Mysteries. (PG) *History*

8.30pm Engine Addict With Jimmy De Ville. (PG) *Discovery*

SPORT

6.30pm Basketball. NBL. Round 16. Townsville Crocodiles v New Zealand Breakers. *Fox Sports 3*

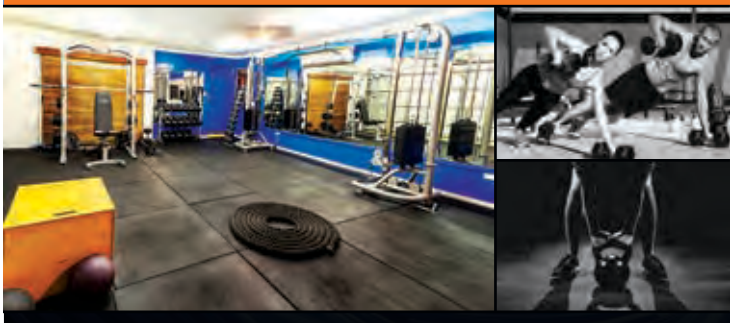
8.00pm Golf. European PGA Tour. Abu Dhabi HSBC Championship. First round. *Fox Sports 1*

9.00pm Mike And Mike. *ESPN2*

2101

Classifications: (P) Preschoolers **(C)** Children **(G)** General **(PG)** Parental Guidance **(M)** Mature Audiences **(MA15+)** Mature Audiences Only **(AV15+)** Extreme Adult Violence. **Please note:** Listings are correct at the time of print and are subject to change by networks.

PERSONAL TRAINING | GROUP SESSION | BOOTCAMP
FOOD PLANS | SUPPLEMENTS | AND MUCH MORE



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NINE

6.00 Today. **9.00** Mornings: Summer. (PG) **11.30** Morning News. **12.00** Cycling. Santos Tour Down Under. Stage 4. Norwood, Adelaide to Victor Harbor. 138 km. **3.00** Ellen. (PG) **4.00** Afternoon News. **5.30** Millionaire Hot Seat. **6.00** Nine News. **7.00** ACA. **7.30** Customs. (PG) **8.00** Customs. (PG) **8.30** Movie: Space Cowboys. (PG) (2000) **11.10** Cycling. Santos Tour Down Under. Stage 4. Norwood, Adelaide to Victor Harbor. 138 km. Highlights. **12.10** Movie: The Glimmer Man. (MA15+) (1996) **2.00** Sue Thomas: F.B.Eye. (PG) **3.00** Anger Management. (M) **3.30** Extra. **4.00** Global Shop. **4.30** GMA.

GO!

6.00 Children's Programs. **10.00** SpongeBob. **10.30** PAW Patrol. **11.00** Yu-Gi-Oh! Classic. (PG) **11.30** Scooby-Doo! (PG) **12.00** Young Justice. (PG) **12.30** The Batman. (PG) **1.00** Sooty. **1.30** Yo-Kai Watch. (PG) **2.00** Yu-Gi-Oh! Arc-V. (PG) **2.30** Wild Kratts. **3.00** SpongeBob. **3.30** Rabbids. (PG) **4.00** Scooby-Doo! (PG) **4.30** Young Justice. (PG) **5.00** Ben 10: Omniverse. (PG) **5.30** Teen Titans Go! (PG) **6.00** Movie: Scooby-Doo And The Cyber Chase. (G) (2001) **7.30** Movie: Dave. (PG) (1993) **9.40** Movie: Young Guns II. (M) (1990) **11.40** South Beach Tow. (M) **12.05** Supernatural: The Animated Series. (MA15+) **1.00** Looney Tunes. (PG) **1.30** Rabbids. (PG) **2.00** Wild Kratts. **2.30** The Batman. (PG) **3.00** Little Charmers. **3.30** Yu-Gi-Oh! (PG) **4.00** Power Rangers. (PG) **4.30** Yu-Gi-Oh! Arc-V. (PG) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! Classic. (PG)

SEVEN

6.00 Sunrise. **9.00** Australian Open: Highlights. **9.30** Australian Open: Preview Show. A preview of the Australian Open. **10.00** Tennis. Australian Open. Day 5. **6.00** Seven News. **7.00** Tennis. Australian Open. Night 5. From Melbourne Park. **11.30** Border Security: International. (PG) A traveller with a third leg attempts to distract officers with a party trick. **12.00** Harry's Practice. Dr Harry Cooper and Dr Katrina Warren present information about animals and pet care. **12.30** Harry's Practice. Dr Harry Cooper and Dr Katrina Warren present information about animals and pet care. **1.00** Dr Oz. (M) Dr Oz interviews Elizabeth Smart, who was kidnapped and held captive for nine-months. **2.00** Shopping. **4.00** NBC Today. News and current affairs.

7TWO

6.00 Shopping. **7.00** It's Academic. **7.30** The Woodlies. **8.00** Australian Open: Highlights. **9.30** Australian Open: Preview Show. A preview of the Australian Open. **10.00** Tennis. Australian Open. Day 5. **6.00** Tennis. Australian Open. Night 5. From Melbourne Park. **10.00** Tennis. 2008 Australian Open. Round 3. Lleyton Hewitt v Marcos Baghdatis. Replay. From Melbourne Park. **2.30** Charlie's Angels. (PG) The girls join the cast and crew of a musical production to help find a phantom, a deranged mute. **3.30** The World Around Us. (PG) Greg Grainger journeys through France in a hot air balloon, sampling the cuisine and culture. **5.30** Shopping.

TEN

6.00 Ent. Tonight. **6.30** The Home Team. **7.00** Ben's Menu. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **11.00** The Living Room. (PG) **12.00** Dr Phil. (PG) **1.00** The Talk. **2.00** Ent. Tonight. **2.30** Everyday Gourmet. **3.00** Judge Judy. (PG) **3.30** The Home Team. **4.00** GCBC. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. Two families try to win big prizes by guessing the most popular responses to a survey of the public. **6.30** The Project. Join the hosts for a look at the day's news, events and hot topics. **7.30** Cricket. Big Bash League. Second semi-final. **10.10** Graham Norton. (M) Guests include George Clooney, Dwayne "The Rock" Johnson, Sharon and Ozzy Osbourne, and Snoop Dogg. **11.10** Movie: The Big Year. (PG) (2011) Owen Wilson, Jack Black. **1.10** The Doctors. (PG) **2.00** Shopping.

ONE

6.00 Shopping. **7.00** Cricket. Big Bash League. First semi-final. Replay. **10.40** Totally Wild. **11.00** MasterChef Aust. (PG) Final. **1.30** Cricket. Women's Big Bash League. Game 9. Second semi-final. **5.00** Extreme Collectors. **5.30** Whacked Out Sports. (PG) **6.00** Family Feud. **6.30** Cricket. Big Bash League. Second semi-final. **7.30** The Indestructibles. (PG) **8.30** 48 Hours. (M) **9.30** Movie: Ambushed. (AV15+) (2013) Dolph Lundgren, Vinnie Jones. **11.35** Operation Repo. **12.05** The Home Team. **12.35** Shopping. **2.05** World Sport. **2.30** Cricket. Women's Big Bash League. Game 8. First semi-final. Replay.

ABC

6.00 News. **8.00** ABC News. **10.00** Gardening Aust. **10.25** Grand Designs. **11.15** Pointless. (PG) **12.00** News. **1.00** Adam Hills Tonight. (PG) **2.00** QI. (PG) **2.30** Catalyst. **3.00** One Plus One. **3.30** Aust Story. **4.00** The Cook And The Chef. **4.30** Eggheads. **5.00** News. **5.25** Grand Designs. **6.15** Pointless. (PG) **7.00** News. **7.30** 7.30. **8.00** A Taste Of Landline. **8.30** Agatha Christie's Miss Marple. (M) **10.00** ABC News: Late Edition. **10.10** Jimmy Fallon. (PG) **10.55** Rage. (MA15+) **5.00** Rage. (PG)

ABC2

6.00 Children's Programs. **2.30** Let's Go Pocoyo. **2.40** Dinosaur Train. **3.10** dirtgirlworld. **3.30** Play School. **4.00** Bananas In Pyjamas. **4.10** Bubble Bath Bay. **4.25** Mister Maker Around The World. **4.45** The Furchester Hotel. **5.00** Curious George. **5.25** Sarah And Duck. **5.35** Hey Duggee. **5.40** Peppa Pig. **5.50** Fireman Sam. **6.00** Charlie And Lola. **6.15** Peter Rabbit. **6.25** Octonauts. **6.35** Ben And Holly. **6.50** Shaun The Sheep. **7.00** Spicks And Specks. (PG) **7.30** River Monsters. (PG) **8.20** The Checkout. **8.30** This Old Thing. **9.15** Kids With Tourette's: In Their Own Words. (M) **10.05** Adam Hills: The Last Leg. (M) **10.45** Burger Bar To Gourmet Star. (PG) **11.35** 2000 Tattoos But Don't Judge Me. (MA15+) **12.20** The Midwives. (M) **1.20** River Monsters. (PG) **2.10** News Update. **2.15** Close. **5.00** Driver Dan's Story Train. **5.10** Abney & Teal. **5.25** Tilly And Friends. **5.35** Ella The Elephant. **5.50** Children's Programs.

SBS

6.00 WorldWatch. **8.10** Filipino News. **8.40** French News. **9.30** Greek News. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News. **12.30** Turkish News. **1.00** PBS News. **2.00** Big Art. (PG) **2.30** Colour Theory. (PG) **3.00** Island Feast. **3.30** Salvage Hunters. Final. **4.30** Who Do You Think You Are? (PG) **5.30** Letters And Numbers. **6.00** Poh's Kitchen. **6.30** SBS World News. **7.30** MythBusters. (PG) **8.30** Treasures Of Ancient Egypt. (PG) **9.30** Movie: Kingdom Of Heaven. (2005) **12.10** Movie: Desire. (M) (2010) **2.10** Shameless. (MA15+) **3.05** Shameless. (M) **4.00** Shameless. (MA15+) **5.00** CCTV English News. **5.30** NHK World English News.

SBS TWO

6.00 WorldWatch. **8.00** Bosnian News. **8.30** Macedonian News. **9.05** Croatian News. **9.40** Serbian News. **10.20** Portuguese News. **11.00** Japanese News. **11.35** Punjabi News. **12.05** Hindi News. **12.30** Dutch News. **1.00** Urdu News. **1.30** Tamil News. **2.00** Thai News. **2.30** Sri Lankan Sinhalese News. **3.00** Bangla News. **3.30** Armenian News. **4.00** Mysterious Cities Of Gold. (PG) **4.30** Massive Moves. **5.00** Massive Moves. **5.30** Do Or Die. (PG) **6.00** The Numbers Game. (PG) **6.30** Soccer. A-League. Round 16. Brisbane Roar v Adelaide United. **9.15** MythBusters. (PG) **10.15** Movie: Reign Of Assassins. (AV15+) (2010) **12.25** Space Dandy. (PG) **12.55** Assassination Classroom. (PG) **1.20** PopAsia. (PG) **3.25** NHK World English News. **5.00** Korean News. **5.30** Indonesian News.

AUSTAR.

MOVIES

7.30pm The Interview (2014) Comedy. Seth Rogen, James Franco. (MA15+) *Premiere*
7.30pm The Wolf Of Wall Street (2013) Biography. Leonardo DiCaprio, Margot Robbie. (MA15+) *Masterpiece*
9.30pm Hot Tub Time Machine 2 (2015) Comedy. Craig Robinson. (MA15+) *Premiere*

GENERAL

7.30pm Sons Of Anarchy. (MA15+) *FX*
7.30pm American Idol. (PG) *FOX8*
8.30pm Top Chef. (M) *Arena*

DOCUMENTARY

7.30pm The First Great Escape. (PG) *History*
8.30pm Restoration Home. (PG) *Lifestyle*
8.30pm Drugs Inc. (M) *National Geographic*

SPORT

6.30pm Basketball. NBL. Round 16. Adelaide 36ers v Melbourne United. *Fox Sports 3*
6.30pm Cricket. Fourth Test. South Africa v England. Day 1. *Fox Sports 2*
8.00pm Golf. European PGA Tour. Abu Dhabi HSBC Championship. Second round. *Fox Sports 1*

2201

Classifications: (P) Preschoolers **(C)** Children **(G)** General **(PG)** Parental Guidance **(M)** Mature Audiences **(MA15+)** Mature Audiences Only **(AV15+)** Extreme Adult Violence. **Please note:** Listings are correct at the time of print and are subject to change by networks.

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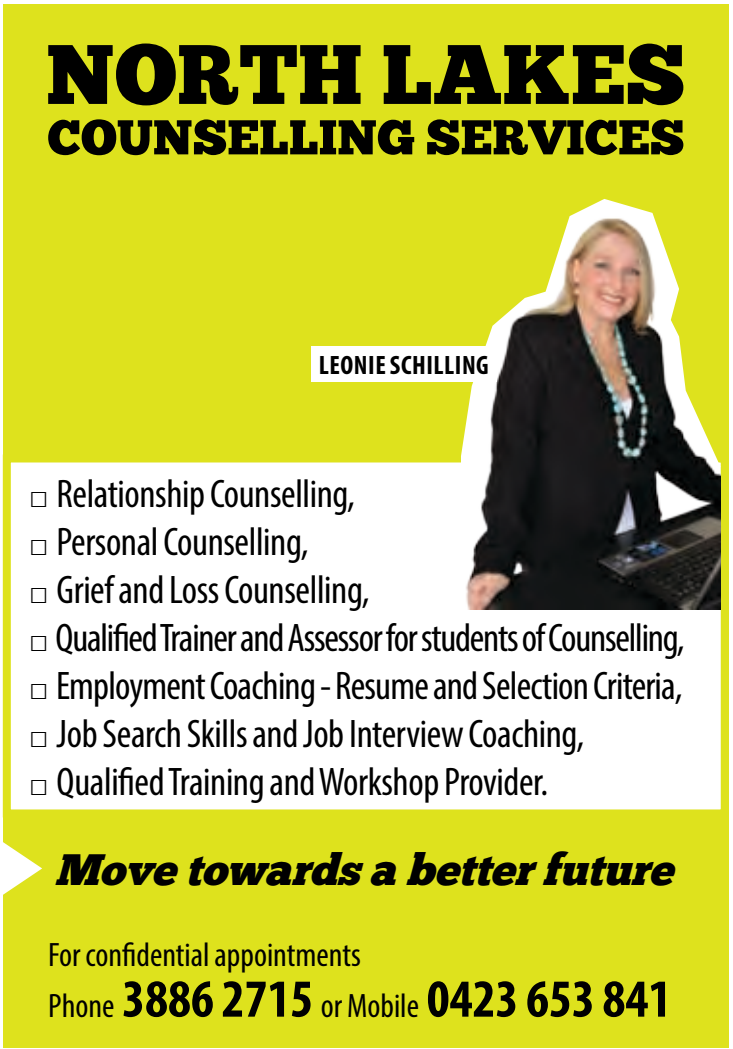
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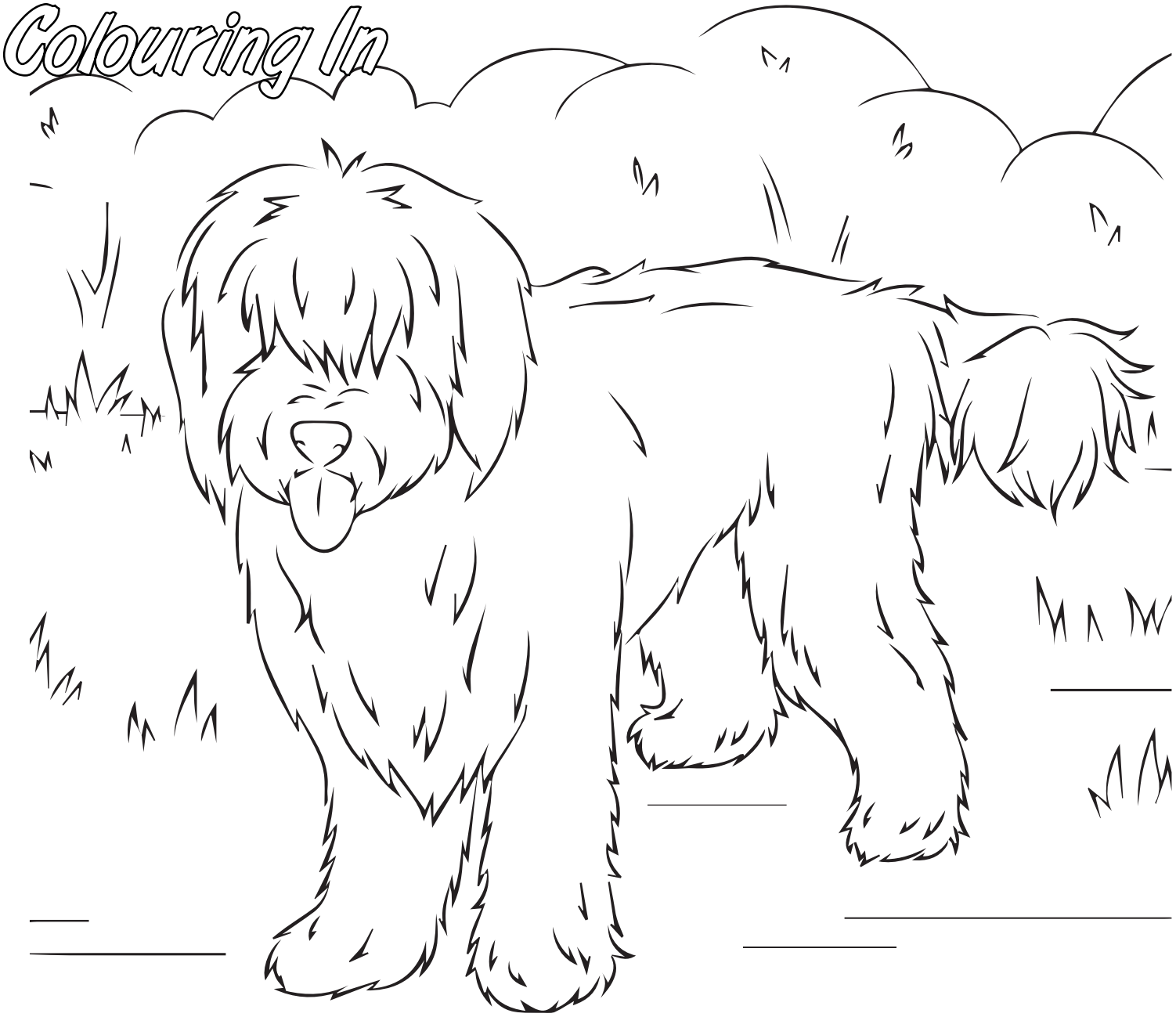

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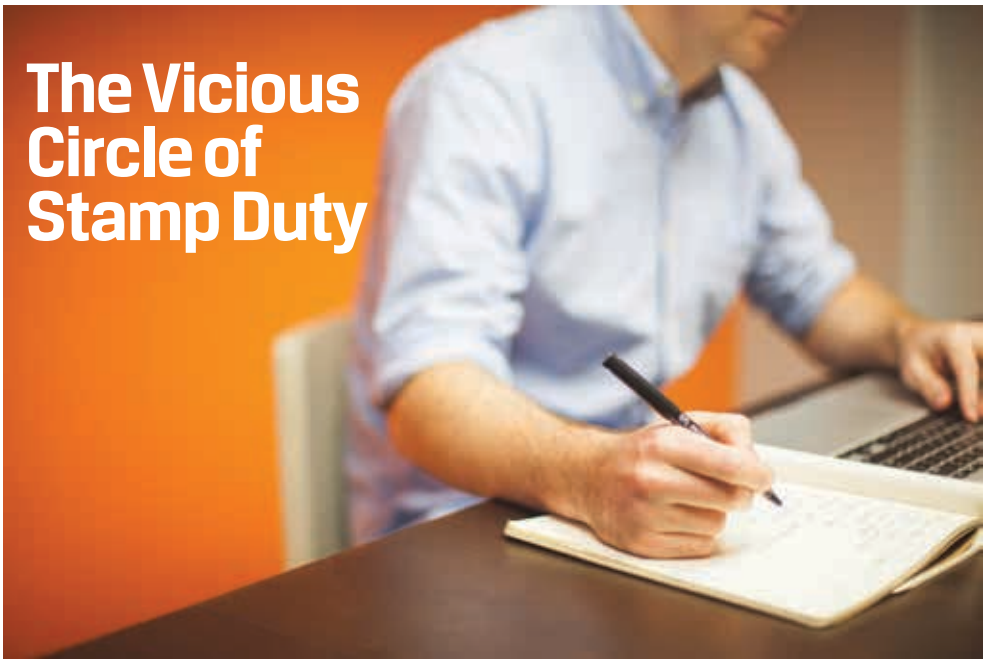
Christmas Crossword 2015 Solution

Kindly provided by person of interest Laurie Stibbe

The Vicious Circle of Stamp Duty



Few things have as detrimental an impact as stamp duty on household finances, according to the Housing Industry Association, the voice of Australia's residential building industry. This is based on the results contained in the HIA's Summer 2015 edition of Stamp Duty Watch publication.

During November 2015, the typical stamp duty bill nationally rose to $19,045 from $17,653 in June, an increase of 7.9 per cent. The cost of stamp duty is equivalent to almost four months' worth of earnings, with stamp duty causing mortgage repayments to increase by $1,165 per year, or $34,955 over a 30-year loan term.

This is an unacceptable burden to place on ordinary homebuyers

"The cost of stamp duty has a significant negative multiplier effect causing a downward financial spiral for households," explained HIA Senior Economist, Shane Garrett.

"Apart from the immediate effect of being over $19,000 worse off, stamp duty results in mortgage interest payments increasing by about $15,900," Shane Garrett pointed out.

"Damage from the tide of stamp duty doesn't stop there. Homebuyers have smaller deposits after stamp duty is paid and must bear larger mortgage debt. As a result, significantly higher LMI charges must then be paid. On a standard home purchase of $527,000, stamp duty can push the LMI premium up by another $7,855. If that's not bad enough, a further layer of mortgage interest is added on top of the LMI premium if it is capitalised."

"The end result is that the typical stamp duty bill of $19,045 can snowball up to about $50,000 once LMI and mortgage interest are factored in. This is an unacceptable burden to place on ordinary homebuyers."

"As state governments rely more and more on revenue from stamp duty, they have been blinded to the obvious consequences of these costs have on prospective first home buyers. Last week's Productivity Commission report also noted the huge disincentive that stamp duty places on older households wishing to downsize," concluded Shane Garrett.

During November 2015, NT homebuyers continued to suffer the highest stamp duty bills ($25,600), followed by Victoria ($24,700) and NSW ($23,600). Queensland continued to offer the lowest stamp duty bills by a comfortable margin ($6,300) followed by Tasmania ($9,300). Stamp duty bills are the fourth highest in the ACT ($18,400) with WA in fifth place ($16,300) and SA in sixth ($15,400).

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Are your tradies licensed?

As unlicensed individuals look to perform unlawful building work, there's an easy way to check their credentials.

The Queensland Building and Construction Commission (QBCC) is urging home owners to only use licensed contractors to work on their properties.

QBCC Acting Commissioner, Kellie Lowe, said scammers seeking to maximise their time in the sun as well as their income often prey on the vulnerable and elderly.

Ms Lowe said that residents should especially exercise caution when it comes to door-to-door tradespeople and ask to see their trade licence.

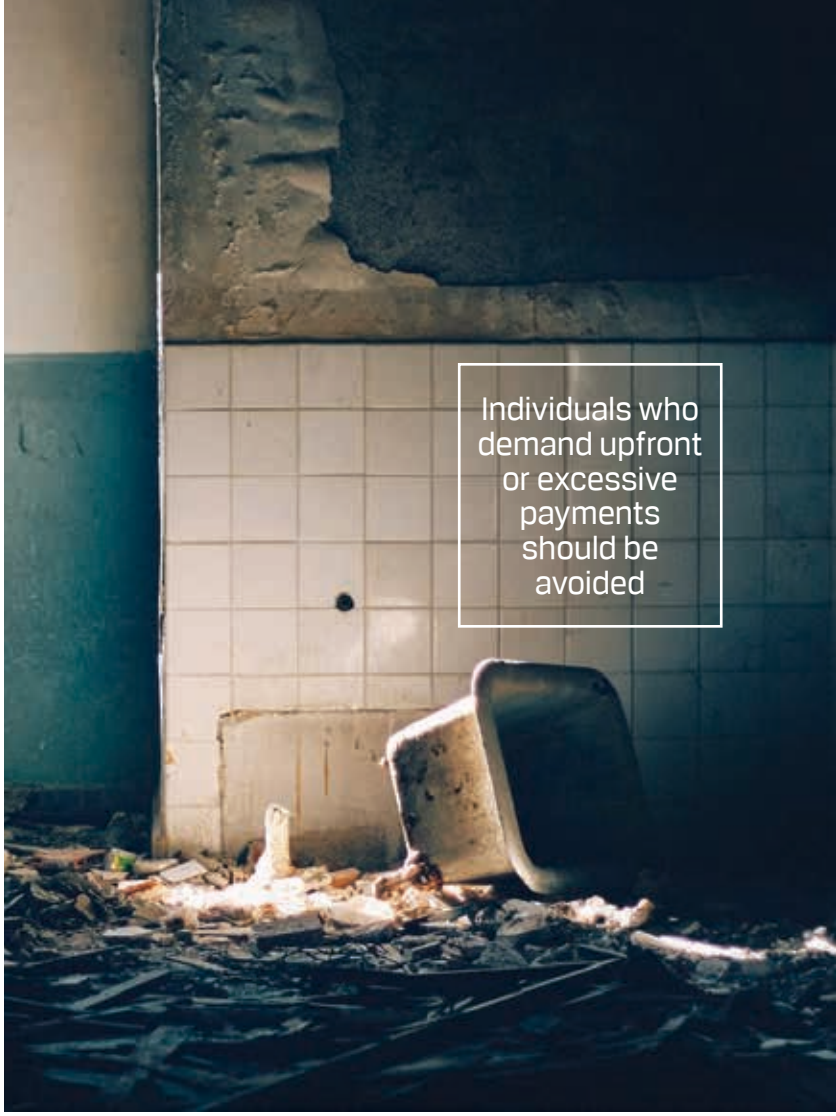
"Unfortunately as we head into summer, unscrupulous individuals tend to travel north looking for work and to target unsuspecting home owners," Ms Lowe said.

"It is important that residents always ask to see their contractor licence to make sure they are licensed to perform the type of work they are quoting for."

"Individuals who demand upfront or excessive payments should be avoided, as this is a sure sign that they are not doing the right thing by the home owner."

Home owners can check a licensee's credentials by using the free licensee search on the QBCC website.

Anyone with concerns about unlicensed contracting can call the QBCC 24/7 on 139 333 or visit www.qbcc.qld.gov.au



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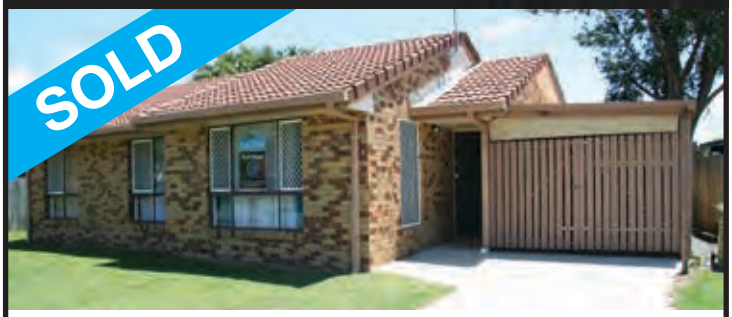

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$425,000	$13,363
$450,000	$14,889
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*We've added estimated government fees, Lenders Mortgage Insurance, legal fees and RAMS costs to the new home purchase price, then deducted the Great Start Grant and the maximum loan amount to estimate your funds required up front. This does not include other associated costs with the purchase of a new home. Figures do not apply to RAMS Self-Employed Home Loans.

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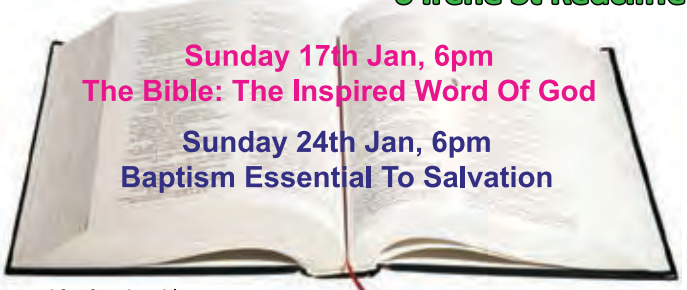

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Sudoku

	2		1	8		7		
8			6	3				
9	3					8		
						4	2	1
2								9
1	6	4						
		2					1	7
				9	2			3
		8		1	3		5	

Brain Teaser

What number comes next in the following sequence?

2 4 8 10 20

Solution next week

Last week's Brain Teaser Solution

Next Christmas

The next year was a leap year, so there was actually 366 days until the next Christmas.

Crossword Solution from last issue

		I	N	T	E	R	C	E	P	T	O	R		
A		N		R		E		L		H		E		H
D	I	S	T	A	F	F		A	N	A	R	C	H	Y
V		T		I		R		S		T		O		E
E	N	A	C	T	M	E	N	T		C	U	M	I	N
R		N				S		I		H		M		A
B	Y	T	E		C	H	A	N	G	E	L	E	S	S
		A		O						R		N		
B	E	N	E	F	I	C	E	N	T		E	D	D	A
O		E		F		H		A				A		U
T	R	O	V	E		I	N	U	N	D	A	T	E	D
T		U		N		N		G		O		I		I
O	S	S	I	C	L	E		H	A	N	D	O	U	T
M		L		E		S		T		N		N		S
		Y	E	S	T	E	R	Y	E	A	R	S		

Crossword 6424

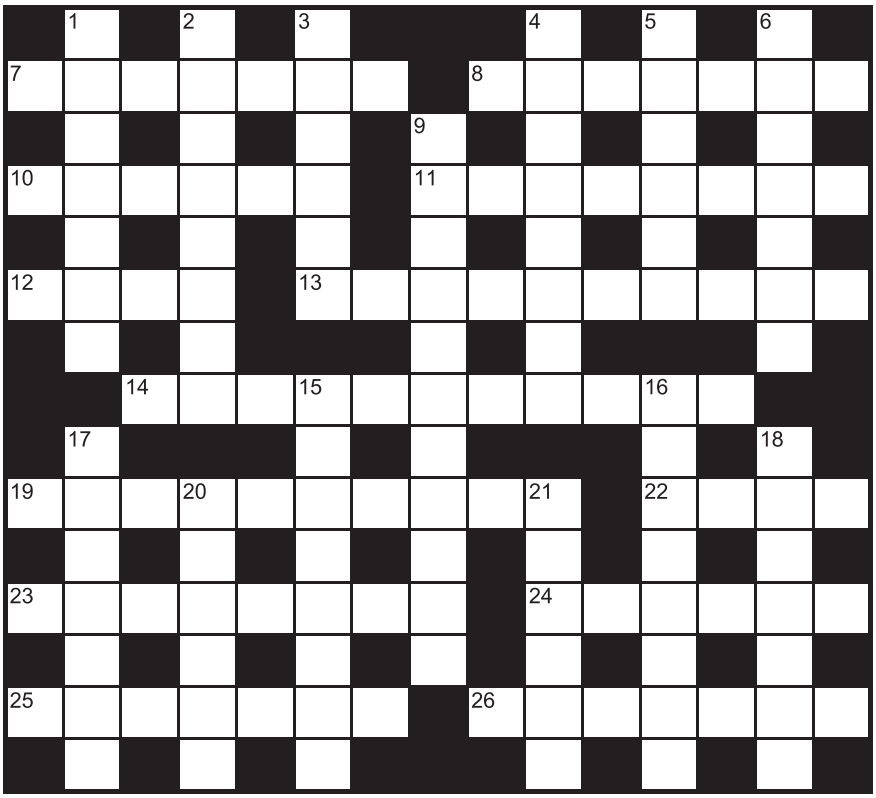
Kindly provided by person of interest - Laurie Stibbe

ACROSS

7 Pocketbook, purse
8 Member of the public
10 Three-masted sailing ship
11 Indifferences
12 Collection of facts
13 Moulding around a window
14 Bursts of hearty laughter
19 Puppet
22 Mosque prayer leader
23 Large crested white parrot
24 Narrative poem
25 Cut off from a whole
26 Frenzied, out of control

DOWN

1 NSW shrub with red flowers
2 Sufficient for the purpose
3 Photographic device
4 Italian dessert cake
5 This or that
6 Merit
9 Computation
15 Make longer
16 Baldheaded
17 Knife fixed to end of rifle
18 Horse troops
20 Type of computer printer
21 Special design for a group



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HOME MADE SHOWER CLEANER:
Juice six lemons and pour the contents into a spray bottle and spritz over shower surfaces. The citric acid will break down hard water deposits and dissolve filmy soap scum. Plus, the antibacterial and antiseptic properties will also sanitise your bathroom.
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- Maximum of 60 words per submission
- Please resubmit your item in full when making alterations
- To guarantee placement for the following week, please make your submission by Thursday prior
- Your submission will run ongoing until you notify us otherwise

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SES:	**132 500**
Health Advice:	**13432 584**
Wildlife Rescue:	**0401 350 799**
RSPCA:	**1300 363 736**
Dakabin Pound:	**3886 0357**

THE 500 CLUB If you enjoy a friendly of 500 you can join us at Redcliffe Senior Citizens centre, 401 Oxley Avenue Redcliffe every monday from 12.30 pm - 4 pm Contact Trish on 32035047 or Vivi on 0407238163

A.C.M.A.MIN MIN BRANCH. Monthly concerts/socials held on 4th Sat. each month NOTE new starting time now from 1.00p.m. Kruger Hall Ann St. Kallangur. Quality Guest Artists & Club Member Spots. All welcome Call Queenie 5497 9395.

A.I.R. Moreton Bay Region Branch The Association of Independent Retirees (AIR) Limited meets on the 3rd Monday of each month (except December) at the Redcliffe Public Library meeting rooms commencing at 12.30pm. Visitors are welcome. AIR provides members with information to help plan their retirement and undertakes advocacy on the many issues confronting retirees. Contact 3142 2506 Website www.independentretirees.com.au

Al-ANON. If someone you love, or are dependant on has a drinking problem and you can see what it is doing to them; if you're also concerned how it's affecting you. We can help. Al-Anon Family group meets Tuesdays at 12.30 at the Church of Christ Church on Ashmole Road, Redcliffe. For futher information phone 1300252666

ALCOHOLICS ANONYMOUS. If you want to drink thats your business If you want to stop we can help. alcoholics anonymous holds meetings everyday in the mortenbay area in the following suburbs,caboolture,bribe Island,deceptionbay,redcliffe,margate,clontarf,woodypoint please phone 1300222222 or go to aa.org.au

ALL ABOUT LIVING is an aged care service provider that is looking for volunteers to assist with transport, administration, activity groups and projects. If you are interested in helping our participants please contact Kathy on 07 3269 1915, or see our website www.allaboutliving.com.au - We promote Choice, Support and Connection

A.L.P. To all ALP members in North Lakes & Mango Hill. The local branch of the Australian Labor Party meets the 1st Wednesday of every month at 'The Space' North Lakes cnr of Endeavour Blvd and Lakefield Drive. For more information contact Mick 0422 434 562 or Judi 0407 958 610 or Email alp.murrumba.east@gmail.com

ANGLICAN CHURCH St Peter the Fishermen 13 Lucinda St CLONTARF. Services 6PM Saturdays, 7AM (except 1st Sunday), 9AM Sundays family worship and kids club,10AM Wednesdays. Little Fishers for pre-schoolers and under 2nd Thursdays 9.30AM, Youth Group 10+ 1st Fridays 6PM.Beautiful church, setting/gardens for weddings, baptisms, blessings, funerals.3883 2378 ALL WELCOME

ANGLICAN CHURCH OF NORTH LAKES You are invited to worship with us this Sunday at either of our services. Communion is celebrated at our 8am Traditional service each week or on the 1st Sunday of each month at our 10am Contemporary service. All services are held in the Performing Arts Centre of North Lakes State College on Joyner Circuit. For further info, call Fr Dan on 0403 977 512 or visit our website at www.thelakesanglican.org.au

ANNE'S SOCIAL CIRCLE. Looking to welcome new members. We are a group of Single Men, Women and Couples from all walks of life. We get involved in a diverse range of activities, including Live bands, Tribute shows, lots of dancing, Live Theatre, Restaurants and trips planned for the future. A wine tasting coming up. The more the merrier, a non clicky group of fun people. Don't sit at home go out and have fun. For more information call Anne on 3880 1088.

BAHA'I FAITH of Moreton Bay Region openly invites enquiries of Belief Principles, Children's Classes, General Information, Holy Day Events, Holy Script Study Groups, Internet Sites, Library Books, Pamphlets, Social Gatherings, School Religious Classes, Youth and Pre-Youth Activities and more. "The world is but one country and mankind its citizens". Baha'u'llah Phone: 07 38861567 Email: Moreton Bay LSA [mbrlsa.sec@gmail.com] Web: www.bahai.org.au or www.moretonbaybahais.org

BLUE DENIM COUNTRY MUSIC CLUB Progress Hall, 34 Cornelius Street, Clontarf. Socials 4th Sunday of each month. Contact: Julie 3889 3179 or Lesley 3284 1083. All welcome. Entry $5.00

BOOM YOUTH A High School Youth Program in North Lakes (the Space) @ Kallangur (Kallangur State School). 7-9pm For more information, please call 0413 905 336.

Brendale Evening VIEW Club meet for dinner on the third Tuesday of the month at Wantima Country Club, (Golf Club) 530 South Pine Road, Brendale. We enjoy a two course meal, a guest speaker, raffles and lucky door prize. We raise funds for the children's charity The Smith Family and support students through their education. Ladies come meet new friends. Visitors and new members welcome. Phone Trish on 3264 2213

BRIDGE PLAYERS, We have a small club at North lakes library level No1 meeting Monday and Friday mornings at 9.30 till approx. 12.30.come along or ring Ken Hooper on 32045636.

BRIDGE Redcliffe Bridge Club plays most days of the week. Players of all levels are welcome. Lessons held every six months. Morning and afternoon sessions. If interested please contact Richard on 3882 5970.

BUNYA TOASTMASTERS CLUB invites visitors to meetings on 1st, 3rd & 5th Wednesdays of every month at Aspley Hornets AFL Club. Learn public speaking and leadership skills while networking with enthusiastic locals. Starts 6:45pm until 9:30pm. Contact Trinh 0434 115 259 or email: trinh7077@gmail.com. Drop by on your way home and join the fun! It's FREE!

BUSH POETRY, NORTH PINE We meet 1st and 3rd Sundays 9am until noon at The Distillery North Pine Hotel Old Petrie Town Dayboro Rd Petrie. All welcome. Perform or listen, have your work read, Closet Poets set yourself free in a friendly nurturing environment. C'mon dip your toes in the water. Contact Mary on 07 5495 5110 or front up and make yourself known to the MC. Change your Life for the better, take the first step.

CABOOLTURE FAMILY HISTORY Research Group. One hour of FREE assisted local, Australian and overseas research is available at Caboolture Family History Research Group Inc, located at Caboolture Historical Village, Beerburrum Road on Monday, Wednesday, Friday and Saturday between 9.30am - 2.00pm. (No entry fee to village for CFHRG research) Tel (07) 54282018 or email us at cfhrg55@bigpond.com.

CATHOLIC MASSES ON REDCLIFFE PENINSULA. Everyone is welcome to join any of our regular Masses. These are held at the Holy Cross Church, Anzac Ave, Kippa-Ring, at 6pm Saturday (Vigil); 9am Sunday; and 5pm Sunday. Mass is held at Mary Queen of Peace Church, Victoria Ave, Woody Point at 7.30am Sunday. Weekday masses are also held. See details in the Parish Newsletter at our website, www.redcliffecatholicparish.com or phone 3293 0800.

CATHOLIC NEWS IN NORTH LAKES AND MANGO HILL. Everyone is welcome to our Sunday Mass at 9.30 am in St Benedict's School, Capestone Blvd (off Anzac Ave) Mango Hill. We have a very active youth group. We also hold a Friday weekday mass at St Benedict's School at 9.00am except for the first Friday of each month. See details in the Parish Newsletter at our website, www.redcliffecatholicparish.com

THE CENTRAL LIONESS CLUB Lioness Club Redcliffe. Meet new friends & provide community services for your local area. We meet on the 2nd & 4th Monday at 6.30pm at Woody Pt Hall, Redcliffe. Contact Gill Bust 32842025 & Liz Alcock 3284 9415.

CHRISTADELPHIANS OF REDCLIFFE - 6 Irene Street. Redcliffe.Find out what the Bible really teaches. Addresses held each Sunday evening at 7pm, - 2pm on the first Sunday of each month. Join us on the left side of the Redcliffe jetty, last Saturday of each month, 10:30am. All our activities are totally free, no collections, all your questions will be truthfully answered. E-mail redcliffeges@optusnet.com.au for further information.

CHRISTIAN GROW GROUP meets at Deception Bay Baptist Church, Cnr. Silver Street and Maine Terrace, Deception Bay, each Tuesday morning at 9.30 am. Our group welcomes anyone battling a mental health problem. We use Grow's long tried and tested 12 Step Program with practical steps and peer support to aid in recovery of mental health. For more details, phone Malcolm on 3888 0594.

CLASSICALLY TRAINED VOCALISTS wanted to start a group of 3-4 females aged between 25-40. Classical crossover e.g. Celtic women, Katherine Jenkins, Sarah Brightman, and traditional classical repertoire. Email Rebecca, at classical_music_girl1@yahoo.com.au

CONSUMER ADVOCACY For patients who have endured/enduring difficulty with current illness/disability or treatments. Jodie from Jodiesjourney.com can assist patients with free assistance and advice, particularly in the area of how to get the most out of the medical system and the best consumer outcomes. Jodie also speaks at functions and has a team of consumer consultants who can help anyone using the healthcare system at consumerconsultation.com - contact at jodie@jodiesjourney.com

CROSSWAYS SOCIAL GROUP FOR DISABLED ADULTS meets every 1st & 3rd Thursday of the Month from 7.00- 8.30PM at Redcliffe Uniting Church hall, 1 Richens St Redcliffe. Cost $2.00 & bus pick up a extra $1.00. Phone 3284 6451 for further information.

DECEPTION BAY GEM & ALLIED CRAFT CLUB every Monday Wednesday Saturday 9am to 12 noon at 52 Old Bay Road Deception Bay (opp. Deception Bay North State School). Learn how to cut & polish stones(cabochons) faceting, silverwork and more. Secretary 0414488560. Come and enjoy learning all aspects of jewellery making at our friendly club.

DECEPTION BAY SEVENTHDAY ADVENTIST'S meet every Saturday at Deception Bay Prima ry School Music Hall Corner of King Street & Beauford place at 9:30 am for bible study and 11:am worship service. Everyone most welcome. Contact Humberto 0738865818 for further information.

DECEPTION BAY SPIRITUAL CENTRE Every Sunday from 2.30 until 5.30pm for Meditation, Healing and Service. We also sell Crystal Gemstones at a very reasonable cost. All enquires contact Rev Carol Bloor 0418 592 412.

DISCOVERY BAPTIST CHURCH, North Lakes, is a Christian Church committed to knowing God deeply and making a difference in our community of North Lakes. We'd love for you to join us for Sunday worship and God's Gems (Sunday School) at 9.30 am at The Space – corner of Lakefield Drive and Endeavour Boulevard, North Lakes. For other information and activities please visit our website at: www.discoverybaptist.com.au or contact Pastor Phil Smith: 0430811967.

DOLLSHOUSE EXTRAVAGANZA is a 2 day display of doll houses and scale miniature items that will be on at the Strathpine Community Centre on the 27th and 28th February 2016. There will be traders will items for sale from across Australia & New Zealand. The show opens at 10 am and closes at 3.30 pm each day.

EILDON CROQUET CLUB is an enjoyable club to join and play croquet. We play 4 forms of croquet, ricochet, golf, association and gateball. We play Monday ,9:30, Tuesday 8:30, Wed 9:30 Friday, 3:30 and Saturday 8:30. This is a game that all ages can enjoy. We have 3 members of the gateball team who are children and they play very well with the adults, hence a great family game. You are most welcome to phone 3203 7262 or 3283 2924 and arrange to come along.

FLORAL ART Peninsula Floral Art Group welcome visitors and new members to join them each month to have fun with flowers. We are a small group of ladies who enjoy each other's company and learning the skills of flower arranging. Our meetings are at Red Cross Rooms Portwood Street Redcliffe on the 2nd Tuesday each month (February-November) at 9.30am morning tea, 10.00am workshop and meeting. Enquiries: Pat Spillman Secretary Ph 3284 5795 Email pfag-redcliffe@hotmail.com

FOOD SUPPORT. Do you need some Food Support? Struggling to put food on the table? Please contact the Life Community Care office to receive a box of food on 07 3482 3005.

FREE CONVERSATIONAL ENGLISH LESSONS Thursday Morning 9.30 – 11am or Tuesday Evening 7 – 8.30pm . All ages. In Deception Bay, crn Maine tce & Water st. Phone: Susan 04496 63421

FRIENDLY SOCIAL TABLE TENNIS club. We are a group of 50 and overs (men and women) that will welcome new members. We play every Monday from 8am untill 12 noon at Redcliffe Senior Citenzens hall, Oxley Avenue (next to the old fire station) cost is minimal including morning tea. come along or contact Pat 3880 1210 or pedwards1948@bigpond.com

GRANDPARENTS SUPPORT GROUP (GAGS) A support group for grandparents who raise their grandchildren full-time. We cover all of the Moreton Bay area. We are only a phone call away for a chat, advise. The group meets on the first Wednesday of each month (except sch holidays) in a conference room next to the Caboolture Library known as The Hub. For information phone Lynn Fielding 0407251274.

GROUP OUTDOOR FITNESS North Lakes This isn't a business it's just a small group M/F aged between 20ish and 50ish who get together twice a week in the park in Little Burke Street at North Lakes to train, Tuesday and Thursday from 6.30pm sessions go for about an hour, join us and get great encouragement and help, For more information and questions answered call or txt Bryan on 0428337525

HER INSTINCT CLUB @ North Lakes If you love sharing your talent, passion and life in food, writings, music, photography and art etc, meet us at the new club. Create and collaborate on projects that you enjoy and we may publish them on our not-for-profit website. Or simply brainstorm your next big idea with like-minded members at our gatherings. Dreamers, amateurs and professionals welcome. Men/women. Email chrisoer@gmail.com to find out more

JETTY ARCADE FREE CONCERT Redcliffe Surfside Country Variety second Sunday each month from 9.30a.m.with ROD BRANDT & his BOUNDARY RIDERS and selected guest artists. Contact Rod & Colleen on 3885 4347 further details.

JP BOOTH Deception Bay shopping centre 9-12 Mon-Fri 9-1 Sat

JUSTICE OF THE PEACE SERVICE Run by volunteers, a Justice of the Peace Service is available at Westfield North Lakes Monday – Friday 10.30 am -2.30 pm, Thursday Night 6.30 – 8 pm. Saturdays 9.30am – 12 midday. Call Westfield Centre Management 3491 9072 or emergencies only Dept of Justice Brisbane 1300 301 147.

KALLANGUR INDOOR BOWLS Monday Afternoons from 1pm-4pm Kallangur Community Centre, Next to the Library on Anzac Avenue, Kallangur Cost: Only $4 which includes tea, coffee and biscuits. Come along and enjoy an afternoon of fun. Join a friendly group who will welcome all new members. Beginners very welcome. For more information please contact Wyn Carlton on 07 3886 2779

KALLANGUR MEMORIAL BOWLS CLUB Wednesday Men's Pairs 12.30 pm. Thursday Ladies/Mixed 9.30 am. Saturday Open Social 12.30 pm. Large airconditioned function room, private bar facilities and catering available. Friday night meals at very reasonable prices. Greens available for barefoot bowls for individual or corporate groups. Telephone 3285 2267 email: kallangurbowls@gmail.com for more information.

KALLANGUR, the Pine Rivers Senior Citizens Club Inc. welcomes you to join us for indoor bowls,sq dancing every Tuesday,concerts 2nd Wednesday of month,bus trips 3rd Wednesday,and bingo last Wednesday of each month. Venue is the community hall 1480 Anzac avenue(opp Red Rooster) for further info please Fred on 32054024 or email prscc2@gmail.Com.

KALLANGUR OVER 50'S SOCIAL CLUB Do you enjoy bingo? How about bus trips or maybe just a cuppa and a chat with new friends? Then why not pop into North Leagues Club on a Thursday morning at 9.30 a.m. and see what we have to offer. New members welcome. Please phone Gailene 3285 3905 or Val 3410 0112 for more details.

KOALA & WILDLIFE RESCUE PINE RIVERS is a local community organisation that has been in operation for over 19 years. We can be contacted 24/7 for ALL wildlife on 0401 350 799. We meet at Pendicup Place 365 Samsonvale Rd Warner at 7pm on the 4th Thursday of each month all welcome. We are always looking for rescuers & new members. All enquiries please phone 0401 350 799.

KSP Theatre Inc: is an amateur, not for profit, theatre group celebrating our 30th year. Cnr Old Bay Rd and Maitland Rd Burpengary. We welcome new members of all ages who are interested in any aspect of live theatre. Five productions per year: pantomimes, comedies, theatre restaurants etc. Family friendly environment. For information about shows, membership, or to receive our newsletter please call 38888580.

LADIES 50 - 60S age bracket needed for social tennis, played at Chermside Rd in Danzy Buchanan Park Mango Hill on Friday mornings from 8.30 am to 11.30 am please Contact Christine 0432042764 or Maureen 0424098073. Lovely ladies would welcome you.

LADIES SMALL CARD GROUP Canasta five & pony 50's - 60's age bracket Wednesday 10am - 3pm North Lakes 3203 1239 Will teach if needed.

LAKES ANGLICAN CHURCH SERVICES. Sunday worship: 1st Sunday of each month Combined communion service and Children's Church at 9am: Every other Sunday there is a traditional communion service at 8am and at 10am there is a contemporary service which includes Children's Church up to age 11, modern worship, relevant sermons that address life's challenges.

LIFE! CHURCH SERVICES: 9:30am @ Kallangur State School & 5pm @ North Lakes State College. ALL ARE WELCOME. For more information, please go to www.thelifechurch.org.au

LIONESS CLUB OF MORAYFIELD & DISTRICT Come and join us to help support our local district. We meet on the 1st Thursday of each month for a Dinner Meeting, 6.00 for 6.30pm for a short meeting and socializing. Also, on the 3rd Wednesday morning 9.30 for 10.00am for a Business Meeting. Venues will be advised on contact. Contact Margaret Zonca 5499 0509 or Joy Hynes 5433 0650.

LIONESS CLUB OF REDCLIFFE CENTRAL meet 2nd and 4th Mondays at 6.30pm. This is a great way to make new friends and help the community at the same time. For further information Phone Liz on 3284 9415.

LIONS CLUB OF NORTH LAKES: If you're a new resident of North Lakes wishing to integrate into the community and want to make new friends, please consider joining our club. We Dinner/Meet the 2nd & 4th Wednesday evenings of each month, have regular interesting guest speakers, are pro-active and incorporate a varied social outing calendar, mindful of keeping a balance between family, work and play. We're a very happy Lions club and encourage couples to join. Call Chris on 0429 457 722 and I'll arrange our Membership Chairman to call you.

LIONS CLUB OF REDCLIFFE CENTRAL Join our Lions Club. We need your involvement to support the Redcliffe Peninsula Community. We meet on the 1st Thursday of each month for our Dinner Meeting 6.30 for 7.00pm. Also on the 3rd Thursday for our Business Meeting 6.30 for 7.00pm. Venue information available on contact. Contact Jack Emery (Pres) on 0418 784 410 or Norm Alcock (Sec) on 0417 714 284.

LIONS CLUB OF REDCLIFFE KIPPA-RING Come join our flourishing Club, supporting the local community. We run the Redcliffe Showgrounds Community Markets every Sunday from 6am – 11am. We visit the elderly & isolated, and recycle used spectacles to send to needy countries, plus more! Meetings held 1st & 3rd Tuesdays at Rothwell Hall, Board meeting 2nd Tuesday. Call 0418 191 578.

MAKE FRIENDS HAVE FUN with The Moreton Bay Social Group 45+ Join us Tuesday evenings from 6pm at Redcliffe Leagues Club as friends, lets chat and maybe enjoy dinner in a relaxed atmosphere with friendly people and discuss outings to enjoy for the month and beyond. If you are interested in a group that only wants to socialize Ph Maureen 34918998 Nick 0423543833 Jen 38803357

MASONIC MEETINGS Freemasons, and anyone interested in learning about Freemasonry, wishing to attend a Daylight Lodge. We meet 9-30am. the fourth Monday of every month at Freemasons Centre Seaville Av.Scarborough, on the Redcliffe Peninsula. Our friendly Ladies ,who attend every Luncheon,will extend a warm welcome to your wife,please bring your wife along. Phone Les 3888 0739.

MEN'S SHED REDCLIFFE Community is now up and running and available to All Men, in the area. Activities, or just a cuppa and a yarn are on offer in this new Shed . The Shed is at The CommunityHouse 1 Laminton Drive , off Oxley Avenue and hours are Mon,Wed,Fri, 9-00am til 1-00pm. Call in for a chat or phone 0490 468 222 and speak to Wal or Joe

MEN'S SHED The Pine Rivers men's Shed operates every Monday, Tuesday, Wednesday and Friday 8.30am – 1.30pm at our shed, Old Petrie Town, Dayboro Rd, Kurwongbah. If you like activities such as woodwork, metalwork, computing, etc and making items for the community, or if you just enjoy a cuppa and a chat – come along. All men of any age welcome. For further information contact Sal 32612323 or 0438612324.

MORETON BAY CHRISTADELPHIANS Free Bible based seminars. On every Wednesday at 7.30pm. Various Topics. 4 Whites Rd Petrie. For more info call 0411 649 466 or email info@moretonbayecclesia.net

MORETON BAY SYMPHONY ORCHESTRA aims at providing quality music for the Moreton Bay region. MBSO performs a selection of music such as contemporary popular, classical and large scale symphonic music. Subsidiary groups include a Junior Strings (under 15), Youth Symphony (under 25), Jazz Band and Flute Choir. Play an instrument? We are always on the lookout for more musicians! Like us on Facebook! Email: enquiries@mbso.org.au Visit our website at: www.mbso.org.au

MOUSETRAP THEATRE Redcliffe Showgrounds home to plays, musicals, cabarets, pantomimes and theatre festivals. Acting workshops for primary & high school aged children. Technical workshops. We are a warm and friendly little theatre company, where everyone is welcome, either in acting, backstage, technical, directing roles etc. Further information: 0439 954 719

NAVY CADETS – TS Koopa Youth 13-19 Years Parade 630pm to 930pm Friday Nights TS Koopa Kal-Ma-Kuta Dr Sandstone Point Enquiries co.tskoopa@navycadets.gov.au 0430 940 189

NORTH LAKES COMMUNITY WOMEN'S GROUP INC. meets on the first three Tuesdays of the month at 09:45 am at the Community Centre, The Corso, North Lakes. On other Tuesdays we meet for lunches, bus trips and planned outings. Enquiries please phone: Julie, 3886 4552; Colleen, 0418 658 442; or Carmen, 3491 9410: All welcome.

NORTH LAKES UNITING CHURCH offers a family service with children's Sunday School. Services each Sunday at 9:30am followed by fellowship and refreshments are held at The Lakes College located at Cnr College Street and Discovery Drive, North Lakes. All welcome. Contact Mark Cornford on 0421 950 325 or email info@northlakesunitingchurch.org.au

OLDER WOMEN'S NETWORK. our meeting is held on the 2nd & 4th Tuesday of each month at 10 am. venue Woody Point Memorial Hall, Oxley Avenue. Entrance Fee is $3 for Morning Tea Next meeting 10th November Speaker Deb Macfie Topic Heart & Lung Disease.Debbie is a Clinical Nurse Specialist with many years experience in many countries. Meeting for the 24th November Blue Care Physiotherapist.

PEACE PRESBYTERIAN CHURCH We welcome visitors to our church at 155-157 Maine Terrace, Deception Bay. Weekly service held at 9:30am and Kid's Church starts at 9:45am. Regular Kids Club programme over two days during the school holidays. Teen club meets the first Friday of the month at 5:00pm for tea. Monthly craft group and an op-shop that opens the second Thursday of the month from 9am to 12noon. Please drop in and share a coffee and cake with us. For more information phone 3888 3781.

PENINSULA ANIMAL AID is an animal refuge shelter for rescued dogs and cats. The shelter is located at Clontarf on the Redcliffe peninsula and is solely run by volunteers and has been operating since 1971. If you would like more information about adopting an animal, volunteering, becoming a member or attending our monthly meetings, please phone 3284 1927 or go to our website www.peninsulaanimalaid.com.au

THE PENINSULA HERB GROUP meets every third Saturday in The Wallum Centre at the Redcliffe Botanic Gardens, Henzell St Redcliffe. Meetings start at 1:30, we welcome all visitors and anyone interested in herbs. For any enquires please ring the secretary on 32843279 or herb garden coordinator on 32831828.

PINE RIVERS QCWA is holding a Market Day and Jumble Sale Sunday 13th December at Redcliffe QCWA Hall, 189 Prince Edward Parade Redcliffe. 8am–1pm. Stalls with Scrapbooking, Sewing, Craft, Books, Baking, Preserves and Bric a Brac. While there browsing enjoy a Devonshire Tea. Limited tables still available: Phone Sylvia - 5495 5151

PINE RIVERS SLIMMERS CLUB. Trying to lose weight? Need Help? Join us every Wednesday morning at the Lions Hall, Lawnton Showgrounds from 8.15am – 9.45am. Joining fee $12. Weekly fee $3. For a relaxed social atmosphere, friendly support, nutritional advice, recipes and competitions. 30years+ in the operating in the shire. Contact Chris 3285 2949

PENINSULA SOCIAL GOLF CLUB welcomes both male and female golfers of any level, with or without an AGU Handicap. Peninsula Social Golf Club plays at a variety of courses with both single and team events, has an annual dinner and presentation evening and a weekend end of year trip. Any golfers interested can contact Club Secretary Noel Price 0413 781 830 www.peninsulasocialgolfclub.asn.au

PINE RIVERS SPIRITUALIST CHURCH & Healing Centre Services 1st & 3rd Sundays at 10am Strathpine Gardens Community Hall Cnr Nicol Way and Turner Drv, Brendale. For all infomation regarding services, Ring Rev Rosina 076393 1969 or 0416002195

PINE RIVERS VIEW Club meets on the third Wednesday of each month for lunch at Murrumba Downs Tavern,Murrumba Downs. Interesting speaker. On the first Wednesday of each month we have an outing to a place of interest. Ladies come and meet new friends. Visitors welcome. Phone Sandra 3425 2738 and Elizabeth 38864937

PLAYGROUP MANGO HILL. 9:10-10:10am each Friday (except school holidays) for families of children planning to attend Mango Hill State School. Indoor and outdoor play, music and story time for children aged 2-5 with their parents/carers. Program led and facilitated by a teacher. All activities are free! Come along and get to know others in our caring school community. Contact Gabrielle Douglas gdoug7@eq.edu.au.

PLAYGROUP REDCLIFFE - 9am Wed & Friday. 1 Richens St, Redcliffe [Redcliffe Uniting Church]. Well organised and structured playgroup. More details check out the Redcliffe Uniting Church website.

PLAYTIME ROTHWELL Thursday 9am -11am Mueller College A Block Morris Road. Suitable for children aged 0 to 4. Operates during school terms. Enjoy a cuppa and a chat with other adults while the children interact, playing with toys and doing craft. Shared morning tea is on a roster basis. Gold coin donation each week. Provided by Mueller Community Church. Contact Isabel on 3897 2869

PROSTATE CANCER SUPPORT GROUP for the Moreton Bay Region meets second Tuesday every month. There are medical profession speakers with an opportunity to talk to these and other men affected by the disease. Meetings start 6.30pm, Education Centre, Redcliffe Hospital. Men, partners and family members are welcome. More info contact Fred Travis on 3480 5904 or 0404 495 898.

P.U.B.S Home brew beer club, meets last Tuesday of every month at Kruger Hall, Kallangur at 7pm, for advice, comps and everything home brew, new members welcome, for more info call Greg on 0423205205

PULSE YOUTH is the youth program of Life! Church. Come check out the craziest games, pumping music, hear a great word, be part of a connect group and make amazing friends! Every Friday night, 6-8.15pm Kallangur State School Hall, School Rd, Kallangur! For more info contact Scott & Miriam on 0413905336 or youth - youngadults@thelifechurch.org.au

PROBUS CLUB OF KALLANGUR meets at 10am on the 4th Friday of the month at the Baptist Church Hall, Ogg Rd. Murrumba Downs, has bus trips and Walks and Talks and Morning Teas and Lunches. Visitors welcome VACANCIES NOW Joan 38863656, Ken 33841313, Dorothy32851538

PROBUS CLUB OF REDCLIFFE Inc. The Club is for Male and Female retirees Seeking fellowship and fun. We enjoy Entertainment, Coach trips, Cruises, Dine-outs, Local and QPAC Theatre days, Lawn bowls, Beach BBQs & Coffee mornings, Meetings - second Monday of every month at the Redcliffe Golf Club. President Barry Lynch 3284-3434 or 0400 270 760 gramps98@optusnet.com.au

PROSTATE CANCER SUPPORT GROUP at Redcliffe meets on the second Tuesday of every month. Medical professionals speak at each meeting and is an opportunity to talk to these as well as other men and their partners affected by the disease. Partners of men attend regularly. Meetings start at 6.30pm at the Education Centre of Redcliffe Hospital. All men, partners and family members are welcome to attend. More info contact Fred Travis on 3480 5904 or 0404 495 898.

QUEEN'S BEACH INDOOR BOWLS Club Inc. Monday 7.15pm Thursday afternoon 1.15 pm Church Hall cnr. Griffith Road. & Prince Edward Pde.Scarborough.

QUOTA INTERNATIONAL CLUB OF NORTH LAKES meets at North Lakes Health Precinct on the second Monday of each month at 6.30pm for a light supper followed by our meeting at 7 pm. If you would like new friendships, share in our local community and support local and international projects, give us a call. For more information on the work that we do and be involved with this great club, call Lyn on 0408 873 939 or Val on 3385 0661.

REDCLIFFE BRANCH OF NATIONAL SENIORS. Meets on the last Friday each month at 10-00 a.m. for 10-30 a.m. in the "Kokoda Room " of the Redcliffe R.S.L. Club. Phone secretary Lynette on 3204 1678

REDCLIFFE CITY CHOIR practises weekly in the Rothwell area, Monday nights from 7:15 - 9:30pm. We sing a range of music - from pop, folk and jazz to classical and light opera. Most pieces are in four-part harmony. New members are always welcome! More information phone 3385 9778 or 3889 5789.

REDCLIFFE CITY LIONESS CLUB meets on the 1st & 3rd Mondays at 6.30pm at the Woody Pt Hall, Redcliffe. Make new friends & support local community projects. New members welcome. For further information contact Noelene on 3293 1222 or Trish on 3284 3498 or 040 7117212

REDCLIFFE COUNTRY MUSIC CLUB. Dalton Hall, Redcliffe Showgrounds Scarborough Rd. Socials : 3Rd.Sunday 1.00P.M. 4Th Friday Night 7.30.P.M. Quality Guest Artists & Walk-Ups. Contact Trudi on 3284 7609. All Welcome: Entry $ 4.00.

REDCLIFFE & DISTRICT FAMILY HISTORY GROUP. Membership open to anyone wishing to research their ancestors. Our Library contains over 600 books, microfiches, CD's and computer access. Help is always available, with tea, coffee and a friendly chat. We meet every Tues & Thurs morning 9.30 am till 12.30 pm, and one Mon evening a month by appointment, at the Scout Hut, Isobell Street, Clontarf. Contact 3293 0567, or email RDFHG2012@gmail.com

REDCLIFFE EXSERVICEWOMEN'S CLUB Third Monday of each month, 10.30am, Meeting Room Redcliffe RSL, Irene St, Redcliffe. Exservicewomen of all ages from all services welcome to share social comradeship with others. Phone Wendy on 3880 2602 for more details.

REDCLIFFE FAMILY FUN is a new community Facebook page listing activities and events for families in Redcliffe and other Brisbane Northside suburbs. www.facebook.com/RedcliffeFamilyFun

REDCLIFFE HISTORICAL SOCIETY holds its general meeting on the second Friday of the month at 2pm, in the Meeting Room of the Redcliffe Library. Monthly guest speakers highlight interesting aspects of Redcliffe's history. Members and guests are invited to participate in the meeting and share afternoon tea. Enquiries to the Secretary Nette Griggs on 0458643506 or at info@redcliffehistoricalsociety.com. Website: www.redcliffehistoricalsociety.com

REDCLIFFE LADIES PROBUS CLUB Meets on the 2nd Thursday every month at The Bramble Bay Bowls Club, Hornibrook/Victoria, Woody Point at 9.30am for 10.00am. Enjoy morning tea, a guest speaker and outings. Visitors welcome. Contact Margaret 3284 4242

REDCLIFFE MULTITUDE CHOIR is a non auditioned community choir singing a mix of pop, jazz and folk music, rehearsing every Thursday night during school terms at Margate Baptist Church Hall, 27 Duffield Rd. Margate. The only requirement is a love of singing. Contact 0402 121 155

REDCLIFFE OVER 40 SOCIAL DANCE CLUB INC Meets at CWA Hall Prince Edward Parade, every Wednesday night from 6.30-10.30 pm. Band music to modern and new vogue dancing. New participants most welcomed. Supper provided. Theme nights throughout the year. Singles, new dancers and all abilities welcomed. Non profit organisation. www.over40socialdanceclub.org

REDCLIFFE OSTAMATE SUPPORT And Carers Group Meet at the Cultural Centre Redcliffe in the Schillam Room at 10am on the first Tuesday of the month. Cost is $2 and morning tea is supplied. For more information please contact Dot 54 95 1335.

REDCLIFFE PENINSULAR DARTS ASSOCIATION: Players needed to our Wednesday night fixtures. A & B Division Teams. No need to register with a full team - we can certainly get you in a side now. $15 yearly registration & $4 fees per night. Licenced bar facility. Call Patty Martin 3203 8587

REDCLIFFE PENINSULA PROBUS CLUB meets on the 4th Tuesday of each month at the Kokoda Room, Redcliffe RSL, Irene ST. Redcliffe at 10.30am. New members most welcome. Contact President Bob Ph. 3467 3091 or Secretary Ray 3203 2611

REDCLIFFE PENINSULA SURF LIVE SAVING Want to part of the community? Fancy joining one of the most iconic Australian organisations? Ever thought of learning lifesaving skills? Situated at Suttons Beach, Redcliffe, we run a nipper program for those aged between 5 and 13 every Sunday between the months of September and March. Call 32844105 or go to www.redcliffeslsc.com.au

REDCLIFFE PENINSULA VIEW We meet on the second Thursday of each month at the Moreton Bay Boat Club for our meeting and a fine lunch. The sights and scenes seen from the deck are also something special to share and celebrate with friendly ladies gathering to help the Smith Family support Learning For Life Students. Please call Gillian on 3885 8210 if you would like to come along to share lunch with benefits.

REDCLIFFE RSL SUB-BRANCH General Meetings of the Sub-Branch every two months on the third Sunday of the month at 10.30 am. We also conduct interviews for Service pensions, disabilities and Advocacy claims covering Service personnel, police and cadets. For appointments call 3889 4872.

REDCLIFFE RUGBY UNION. Senior Rugby Union training 6.30pm Tuesday & Thursday, Veterans touch footy 6.30pm Wednesday, senior games played Saturday, Veterans games played Friday night. Seniors & veterans (35+) team info, club news & game dates at www.redclifferugby.com.au Enquiries to play Mark 0423214202 or senior.secretary@redclifferugby.com.au Ray Frawley Fields. Silcock St Clontarf.

REDCLIFFE SENIOR CITIZENS CENTRE 401 Oxley Ave, Redcliffe, 4020. Membership $8 with joining Fee $2. Activities, Table Tennis, Indoor Bowls, Darts, Concerts, Hoy, Snooker,Vogue Dancing, 500,Line Dancing, Pilates & Chee Gung. Contact 3284 1366 or 0418 796936.

REDCLIFFE SNOOKER CLUB Inc. Meets every Monday 5.00pm at our new Clubrooms, 1 Bowling Green Lane, Redcliffe for a social competition. We have 4 snooker tables and the rooms are also open to visitors 10.00am to 4.00pm every Thursday, Friday and Saturday for a practice hit. Costs are $2.00 per hour per person with partner- for further information please ring Garry Wardle 0414722189 or email snookerclub@optusnet.com.au

REDCLIFFE SPIRITUAL DISCUSSION GROUP meets at Unit 3 (down the back) 124-130 Oxley Avenue, Woody Point (near Ellen Street), on the first Friday of each month, at 7.30 pm. We explore theosophy, Alice Bailey writings, poetry of Rumi, holistic psychology of Carl Jung, the I Ching, Taoism and Zen, Feng Shui, Tibetan Buddhism, progressive Christianity, sacred sites, music, prayer, meditation and so on. All welcome. Tel: 3283 8386.

REDCLIFFE TABLE TENNIS ASSOC INC offers a social atmosphere and has a range of players from beginners to very experienced. The club is located at Clontarf High School Gymnasium in Isobel Street, Clontarf every Friday night from 7.30pm. Quality Stiga tables and 3 star balls are provided and bats are available for use by casual visitors. Charges are very reasonable. For further information contact Terry on 0407007143 or email redcliffe.tta@gmail.com.

REDCLIFFE TPI SUB BRANCH meets on the first Monday of every month, 9.30 a.m. at the Redcliffe Bridge Club Rooms in Irene Street Redcliffe (next to the RSL). All TPI, Special Rate Pensioners, prospective members and Spouses are invited to attend. Further information available from Mick Karolak on 3283 1721 or Pedro Newman on 3889 5704.

REDCLIFFE UNITING CHURCH - A Community aiming to be at the Heart of the community. Worship Sunday 9am, 1 Richens St, Redcliffe. Never boring, always engaging! Download our APP 'Redcliffe Uniting' or check out our website.

ROTARY CLUB OF KIPPA RING-NORTH LAKES meets Wednesdays from 6.15 pm at Rotary District Office : Evergreen Centre 14-18 Discovery Drive, North Lakes. Rotary connects 1.2 million members from 34,000 clubs in 220 countries. Come join us. Once a week, we meet to help others in the wider community. It's life changing. Contact Garry Gibson on 0419 742 769

ST JOHN AMBULANCE Moreton bay Cadets and Adults ages 8 and up meet Thursdays from 6:30pm at the Redcliffe SES hall 35 – 41 Portwood Street Redcliffe. For more information contact the Divisional Manager on 0402 895 206

SANDGATE THEATRE is seeking new members interested in becoming involved with an exciting well-established and progressive community theatre group. No experience is necessary, we welcome adults of any age who are keen to meet friendly theatre minded creative people. You might have skills such as painting, dress-making, lighting & sound engineering, canteen control, ushering, cleaning, decorating as well as acting and directing, or perhaps you'd like to learn these and many other interesting skills. Phone 32040296 for further information.

SATURDAY MORNING BICYCLE RIDE in and around north lakes. I am seeking riders utilizing bike lanes and bikeways in a safe and friendly environment. 7am starts with a coffee/ drink break. beginners and intermediate riders, not setting any land speed records just enjoying the great infrastructure of north lakes. Phone Dean at Allsorts-BERG ph 0431286322

SCOUTS offers an exciting and adventure filled learning environment for youth members. Interested? Kallangur Scout Group invites boys and girls from age 6 upwards to join in the fun. For further info contact the Group Leader Chris on 0404 438014.

SINGLE SENIORS OVER 60yo in Moreton Bay area. Would you be interested in joining a small social group of single men and women? We've all experienced the times when we would like to dine out, see a movie, have a picnic, see a show etc etc but maybe not on our own!! So why not join our group and share company. If interested, please email Kate at hopexyz1@hotmail.com.

SLIMMER'S SUPPORT GROUP, KALLANGUR, meets at Q.C.W.A. Hall, Anzac Ave., Kallangur on Friday Mornings at 9 am. NEW MEMBERS WELCOME. For more information please contact Bev. 3882 4598, Denise 3205 3989 or Gail 3204 4163**..**

SMALL DOG CARER'S CLUB Meet other dog lovers and socialise your small dog with other small dogs. Join the club and have your dog lovingly cared for while you are on holidays, no need to use a kennel. We meet once a month on the first Monday of the month. New members (retired or semi- retired) are welcome. Phone Kevin on 3881 1282.

SOCIAL COFFEE LOVERS GROUP If you enjoy coffee and stimulating conversation, and meeting new people then join us to take advantage of some of the beautiful Peninsula cafes on offer. If interested email Carolyn at carolyn2527@hotmail.com.

SOROPTIMIST INTERNATIONAL Moreton North Inc. is a global voice for women representing 90,000 members in 126 countries. Our projects assist women and girls to access education and leadership opportunities, health care and human rights locally and internationally. Regular meetings and social events are held throughout the Moreton Bay Region. Contact Caryl 0417 730 155 or Audrey on 0402776840 Email simoretonnorth@siswp.org www.soroptimistinternational.org

SOUTH AFRICAN LADIES GROUP Join the "SA LADIES – North Lakes" facebook page to connect with fellow South Africans in the North Lakes and Surrounding areas. Contact Catherine for more information. 0406781261 or monksc@gmail.com

SPINAL INJURIES AUSTRALIA Moreton Bay Spinal Injuries Network will meet at 11.30am on Wednesday 2 December at the Norths League and Services club, 1347 Anzac Avenue, Kallangur for their Christmas Lunch. New members welcome. For more information phone Spinal Injuries Australia on 3391 2044.

SUPPORT FOR PARENTS Concerned about your teen's behaviour? Don't know what to do? You're not alone. A lot of parents are facing problems just like yours.

SUPPORT GROUP FOR MEN. Men Supporting Men Inc. meets at the new Neighbourhood Centre, 9 George St, Caboolture (opposite the Caboolture State School) every Thursday from 6:45pm-10pm. The group encourages self awareness in a safe and supportive environment. Any man is welcome to attend. Enquiries: Allan 5497 4022 or Paul 0401 625 141 up to 9pm.

SUPPORT GROUP for women battling their poker machine addiction. I am dealing with a pokies addiction and am on my way to beating it. One thing I always wanted was someone to talk to who understood. This group is not therapy or a cure but a chance to share our experiences and, maybe, help each other beat our addiction. Meet Wednesday evenings 7.30pm, Redcliffe. Please email me for details. arenaissance@live.com.au

SWIMMING CLUB Would your child like to learn how to race and participate in swimming meets? If your child can swim a minimum of 25m join us for a free introductory club night (conditions apply). Year-round, indoor heated 50m pool. www.australiancrawl.swimming.org.au or phone Shane 0410 468 205 or Jane 0403 859 185

TEAR Groups are local groups that meet to discuss issues relating to poverty and injustice in Australia and overseas and to advocate on the behalf of disempowered and poor people – most often the poorest of the poor. A Christian Justice Group, meets locally on the first Monday of each month from 7pm-9pm. If you care about poverty, injustice and advocacy for the poorest of the poor then please join us. Phone Di on 073888 0571 or 04-08881507 for details of meetings.

TUESDAY CLUB INC. is a non-profit working organization that raises funds for the Underprivileged & Disadvantaged within the Redcliffe Area. Meetings are held at the Moreton Bay Boat Club every 2nd Tuesday of the Month at 10am, New Members very welcome. Contact Marion 3284 1526 or Loela 3284 4167

U3A REDCLIFFE INC. provides an educational environment for people in the third stage of life. It holds a variety of classes run by volunteer tutors. A subscription of $20 per year applies and a small fee for each class of $2. Computer classes are $30 for 8 weeks. Make enquiries at the office on Level 1, 157-159 Sutton Street or call 3284 2687 email u3a@u3aredcliffe.org.au. More information is on the net at www.u3aredcliffe.org.au

UNITING CARE & TARGET CHRISTMAS APPEAL. Please drop off a gift or make a donation at your local Target store. These gifts will help us deliver hope and happiness to people in our local community who are doing it tough. LET'S PUT A SMILE ON THEIR FACES!

WEIGHT REDUCTION CLUB OF REDCLIFFE. A not for profit body assisting people to solve the problem of being overweight. We meet every Tuesday morning at the Community Hall, Morris Rd, Rothwell from 8:30 am. New members welcome - for more information ph: 3283 7118 or 0424 671 554 or email wrcredcliffe@hotmail.com

WORLD HARVEST MINISTRIES. You are invited to our Sunday worship services 9am and 6.30pm! Come and experience the presence and power of God! Let your life be transformed, receive healing in your body, soul and spirit. Learn about God's truth. We teach the uncompromised Word of God. Families welcome! 53 Telegraph Road, Bald Hills. Tel: World Harvest Ministries 3261 4555.

YE OLDE BRASS RSL MEMORIAL BAND Redcliffe Inc Present their Annual Christmas Concert Featuring Christmas Carols; and other Popular Christmas Tunes Santa and Christmas Raffles Date: Sunday 13th December 2015-11-13 Time: 1.45 PM Venue: Redcliffe RSL Kakoda Room Admission: FREE

YOUTH GROUP The Salvation Army, Redcliffe Come join us on the 1st and 3rd Friday of the month from 7 til 9 pm and enjoy a mass of activities from old school video games to ping pong and movies. We are located on Ashmole Road, Redcliffe (Turn left off Anzac Ave). Check out Facebook.com/VisionYP for contact information and further details.

ZONTA CLUB REDCLIFFE Membership is open to all women who are actively involved in business and professions. Meetings are held on the 4th Monday at each month. Interested? Further information may be obtained by contacting info@zontaredcliffe.org.au Or: 0457426806

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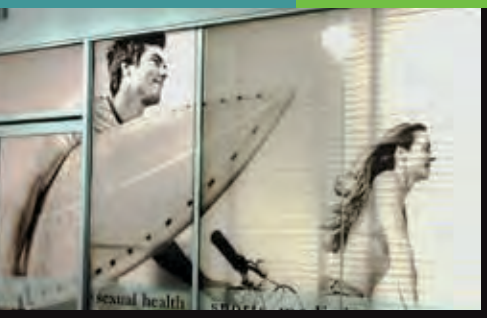

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